

Army cooking manual : containing recipes and general hints on preparation of Army rations

Date : 9/05/23 9:10 AM

<https://nla.gov.au:443/tarkine/nla.obj-43548363>

Out of Copyright

Reason for copyright status: Since 2014 [Created/Published Date + 70 Years]

Copyright status was determined using the following information:

Material type: Literary Dramatic Musical

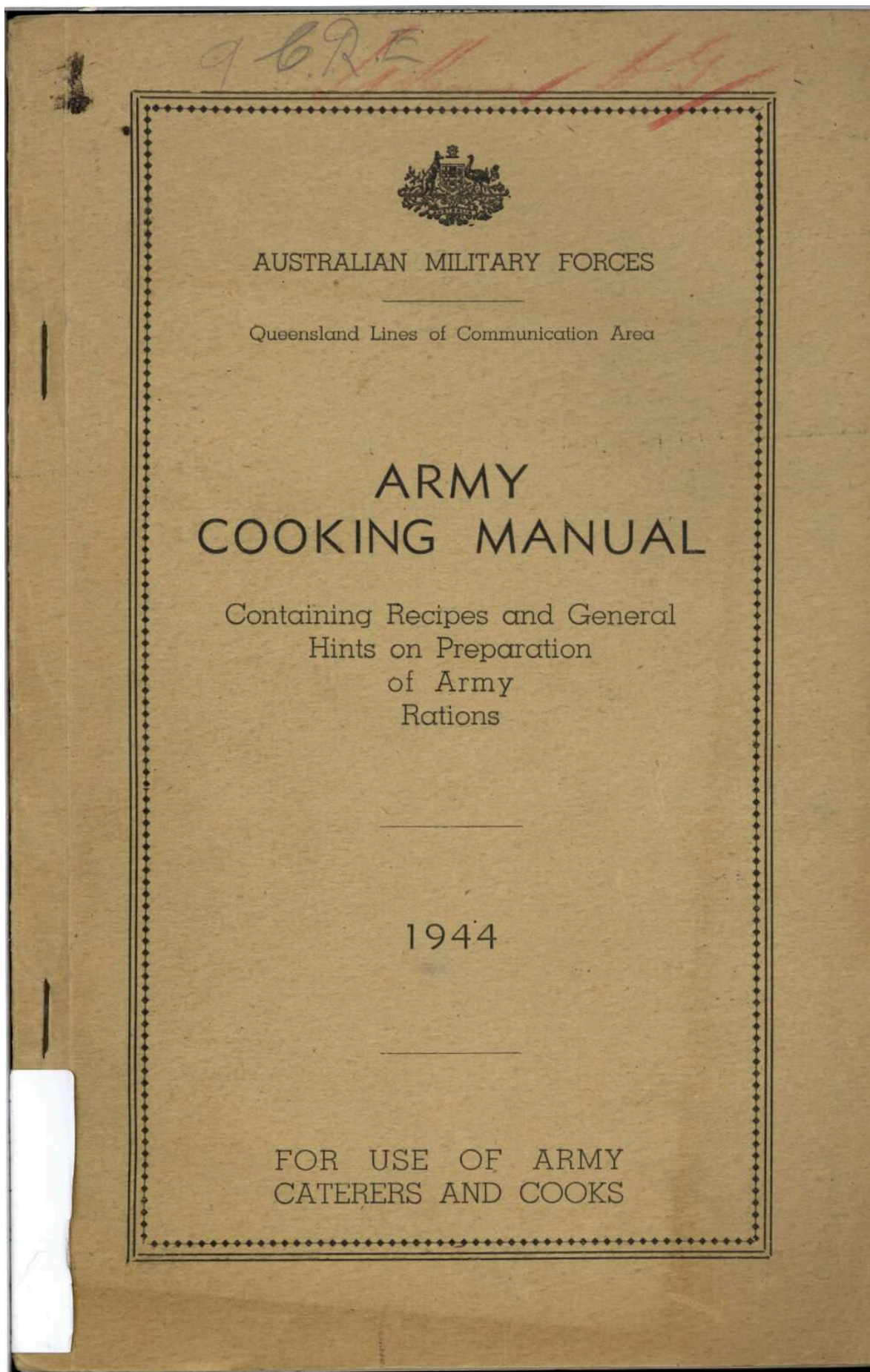
Published status: Published

Publication date: 1944

Government copyright ownership: No Government Copyright Ownership

Copyright status may not be correct if data in the record is incomplete or inaccurate. For more information regarding Copyright in Library Collections visit <http://copyright.org.au> and <http://www.nla.gov.au/copyright-in-library-collections>

The National Library of Australia supports creativity, innovation and knowledge-exchange but does not endorse any inappropriate or derogatory use. Please respect indigenous cultural and ethical concerns.



AUSTRALIAN MILITARY FORCES.

Methods of Preparing Army Ration—including Dehydrated Components—and Suggested Menu, together with Useful Hints for Catering and Cooking Personnel.

COMPILED BY D.A.D.A.C.: QUEENSLAND L. OF C. AREA.

1. The contents of this booklet have been compiled for two main reasons:—

- (i.) To encourage and enable Army Cooks to prepare a variety of palatable and attractive meals for all personnel, from Army Rations.
- (ii.) To assist Unit Caterers in arranging varied meals so necessary to successful messing.

2. All dishes set out herein can be produced from the Army ration assisted by certain components purchasable by supplementary Ration allowance and are based on 100 men.

3. Menus set out are issued as a guide to Unit Caterers. It is to be appreciated that Commanding Officers are at liberty to utilise the Ration as they think fit, having regard to facilities available and conditions under which the Unit is operating.

4. The Army Ration of to-day is scientifically based on providing a "balanced diet."

Particular attention is directed to the inclusion of Blue Boiler Peas and Cheese in the Ration. These components are of paramount importance in maintaining the balanced diet, and every effort is to be made, by prepared dishes, to utilise the ration of these items daily.

5. Rations are issued for daily consumption and the building up of surpluses by units is forbidden. In certain circumstances, surpluses do accrue, and in such cases they must be reduced by—

- (a) Deletions of surplus component in subsequent indents, or
- (b) Return of non-perishable items to nearest A.A.S.C. Issue Depot (see G.R.O. Q.501/42).

6. As mentioned in paragraph 1, this booklet is for assisting Catering and Cooking personnel. It is to be used for that purpose and not kept locked away in Unit Orderly Rooms.

G. GREEN, Lt.-Col., A.Q.M.G.,
H.Q., Q'land L. of C. Area.

1 June, 1944.

(b) RATION SCALE—FEMALE PERSONNEL.
Daily Issue—Components for 100 Personnel per Week.

Component.	Measure.	Day of Consumption.							Weekly Total.
		Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.	
Beverages—									
Cocoa	lbs.	1 ⁹ / ₁₆	1 ⁹ / ₁₆	1 ⁹ / ₁₆	1 ⁹ / ₁₆	1 ⁹ / ₁₆	1 ⁹ / ₁₆	1 ⁹ / ₁₆	10 ¹⁵ / ₁₆
Coffee	lbs.	1 ¹ / ₄	1 ¹ / ₄	1 ¹ / ₄	1 ¹ / ₄	1 ¹ / ₄	1 ¹ / ₄	1 ¹ / ₄	8 ³ / ₄
Tea	lbs.	1 ⁹ / ₁₆	1 ⁹ / ₁₆	1 ⁹ / ₁₆	1 ⁹ / ₁₆	1 ⁹ / ₁₆	1 ⁹ / ₁₆	1 ⁹ / ₁₆	10 ¹⁵ / ₁₆
Cereals—									
Bread	lbs.	43 ³ / ₄	43 ³ / ₄	43 ³ / ₄	43 ³ / ₄	43 ³ / ₄	43 ³ / ₄	43 ³ / ₄	306 ¹ / ₄
Flour	lbs.	6 ¹ / ₄	6 ¹ / ₄	6 ¹ / ₄	6 ¹ / ₄	6 ¹ / ₄	6 ¹ / ₄	6 ¹ / ₄	43 ³ / ₄
Oatmeal	lbs.	6 ¹ / ₄	6 ¹ / ₄	6 ¹ / ₄	6 ¹ / ₄	6 ¹ / ₄	6 ¹ / ₄	6 ¹ / ₄	43 ³ / ₄
Rice	lbs.	3 ¹ / ₈	3 ¹ / ₈	3 ¹ / ₈	3 ¹ / ₈	3 ¹ / ₈	3 ¹ / ₈	3 ¹ / ₈	21 ⁷ / ₈
Condiments—									
Mustard	ozs.	3 ¹ / ₂	3 ¹ / ₂	7
Pepper	ozs.	3 ¹ / ₂	3 ¹ / ₂	7
Powder Curry ..	ozs.	12 ¹ / ₂	12 ¹ / ₂
Salt	lbs.	3 ¹ / ₈	3 ¹ / ₈	3 ¹ / ₈	3 ¹ / ₈	3 ¹ / ₈	3 ¹ / ₈	3 ¹ / ₈	21 ⁷ / ₈
Fats—									
Butter	lbs.	10 ¹ / ₂	11	11	11	11	11	11	76 ¹ / ₂
Fruit—									
Dried—Stone ..	lbs.	9	..	9	..	9	27
Dried—Currants ..	lbs.	4	3	7
Dried—Sultanas ..	lbs.	5	4 ³ / ₄	9 ³ / ₄
Meat ..									
Bacon	lbs.	7 ¹³ / ₁₆	7 ¹³ / ₁₆	7 ¹³ / ₁₆	7 ¹³ / ₁₆	7 ¹³ / ₁₆	7 ¹³ / ₁₆	7 ¹³ / ₁₆	54 ¹¹ / ₁₆
Cheese	lbs.	3 ⁹ / ₁₆	3 ⁹ / ₁₆	3 ⁹ / ₁₆	3 ⁹ / ₁₆	3 ⁹ / ₁₆	3 ⁹ / ₁₆	3 ¹⁰ / ₁₆	25
Eggs, Fresh ..	doz.	8 ¹ / ₂	..	8 ¹ / ₂	..	25	..	8 ¹ / ₂	50
Meat, Preserved or Fish, Tinned ..	lbs.	75	75
Beef Carcass ..	lbs.	81 ¹ / ₄	81 ¹ / ₄	51 ¹ / ₄	51 ¹ / ₄	51 ¹ / ₄	316 ¹ / ₄
Corned	lbs.	30	30	60
Mutton	lbs.	56 ¹ / ₄	56 ¹ / ₄
Sausage, Beef ..	lbs.	25	..	30	..	55
Milk—									
Cond. U.S. ..	lbs.	31 ¹ / ₄	31 ¹ / ₄	31 ¹ / ₄	31 ¹ / ₄	31 ¹ / ₄	31 ¹ / ₄	31 ¹ / ₄	218 ³ / ₄
or Milk, Fresh ..	glns.	12 ¹ / ₂	12 ¹ / ₂	12 ¹ / ₂	12 ¹ / ₂	12 ¹ / ₂	12 ¹ / ₂	12 ¹ / ₂	87 ¹ / ₂
or Milk, Dried, F.C. and Milk, Fresh ..	glns.	15 ¹⁰ / ₁₆	15 ¹⁰ / ₁₆	15 ¹⁰ / ₁₆	15 ¹⁰ / ₁₆	15 ¹⁰ / ₁₆	15 ¹⁰ / ₁₆	15 ¹⁰ / ₁₆	1 & 2 Aust L of C Sub Areas
or Milk, Dried, F.C. and Milk, Fresh ..	glns.	6 ¹ / ₄	6 ¹ / ₄	6 ¹ / ₄	6 ¹ / ₄	6 ¹ / ₄	6 ¹ / ₄	6 ¹ / ₄	In No. 17 Aust L. of C. Sub Area
Risings—									
Powder, Baking ..	ozs.	9	..	8	..	8	25
Sugars—									
Jam or Marmalade ..	lbs.	12 ¹ / ₂	..	12 ¹ / ₂	12 ¹ / ₂	12 ¹ / ₂	12 ¹ / ₂	12 ¹ / ₂	75
Golden Syrup ..	lbs.	12 ¹ / ₂	12 ¹ / ₂	12 ¹ / ₂
Sugar	lbs.	18 ³ / ₄	18 ³ / ₄	18 ³ / ₄	18 ³ / ₄	18 ³ / ₄	18 ³ / ₄	18 ³ / ₄	131 ¹ / ₄
Vegetables—									
Beetroot	lbs.	18	18	18	54
Cabbage	lbs.	..	34	..	34	34	102
Carrots	lbs.	..	12	..	12	12	12	..	48
Cucumbers	lbs.	12	12	24
Lettuce	lbs.	..	15	..	15	..	15	..	45
Pumpkin	lbs.	28	..	28	..	28	84
Swedes	lbs.	..	14	14	..	14	42
Sweet Potatoes ..	lbs.	23	23	..	46
Tomatoes	lbs.	..	20	20	..	20	20	..	80
Onions	lbs.	7 ¹³ / ₁₆	7 ¹³ / ₁₆	7 ¹³ / ₁₆	7 ¹³ / ₁₆	7 ¹³ / ₁₆	7 ¹³ / ₁₆	7 ¹³ / ₁₆	54 ¹¹ / ₁₆
Peas, Dried	lbs.	3 ¹ / ₈	3 ¹ / ₈	3 ¹ / ₈	3 ¹ / ₈	3 ¹ / ₈	3 ¹ / ₈	3 ¹ / ₈	21 ⁷ / ₈
Potatoes	lbs.	62 ¹ / ₂	62 ¹ / ₂	62 ¹ / ₂	62 ¹ / ₂	62 ¹ / ₂	62 ¹ / ₂	62 ¹ / ₂	437 ¹ / ₂

NOTE.—When sufficient eggs are not available to provide a full issue on the above scale, the issue of fish or meat preserved for consumption on Friday, will be increased accordingly.

RATION SCALE—MALE PERSONNEL.
Daily Issue—Components War Ration—Based on 100 Personnel per Week.

Component.	Mea- sure.	Day of Consumption.							Weekly Total.
		Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.	
Coffee	lbs.	1 1/4	1 1/4	1 1/4	1 1/4	1 1/4	1 1/4	1 1/4	8 3/4
Tea	lbs.	2	1 16/16	1 16/16	1 16/16	1 16/16	1 16/16	1 16/16	13 5/8
Bread	lbs.	75	75	75	75	75	75	75	450
Biscuits, Service ..	lbs.	75	75
Flour, Plain	lbs.	9 3/8	9 3/8	6 1/4	9 3/8	9 3/8	9 3/8	9 3/8	62 1/2
Oatmeal or Wheat- meal or Whole	lbs.	6 1/4	6 1/4	6 1/4	6 1/4	6 1/4	6 1/4	6 1/4	43 3/4
Rice	lbs.	3 1/8	3 1/8	3 1/8	3 1/8	3 1/8	3 1/8	3 1/8	21 7/8
Curry Powder	ozs.	7	..	12 1/2	12 1/2
Mustard	ozs.	7	7
Pepper	ozs.	7	7
Salt	lbs.	3 1/8	3 1/8	3 1/8	3 1/8	3 1/8	3 1/8	3 1/8	21 7/8
Butter	lbs.	10 1/2	11	11	11	11	11	11	76 1/2
Dried Fruit—									
Currants	lbs.	6 1/4	6 1/4
Sultanas	lbs.	6 1/4	6 1/4
Fruit, Dried (Stone)	lbs.	..	6 1/4	..	6 1/4	6 1/4	6 1/4	6 1/4	31 1/4
Bacon	lbs.	9 3/8	9 3/8	9 3/8	9 3/8	9 3/8	9 3/8	9 3/8	65 5/8
Cheese, Tinned	lbs.	5	5 1/2	..	5 1/2	5 1/2	21 1/2
Egg Powder	lbs.	1 1/16	..	1 1/16	..	1 1/16	4 11/16
or Fresh Eggs	doz.	6 1/4	..	6 1/4	..	6 1/4	18 3/4
Fish, Tinned	lbs.	25	25
M. & V. Ration	lbs.	66 2/3	66 2/3
Beef, Carcass	lbs.	100	100	100	100	66	336
Mutton, Carcass	lbs.	100	..	100	..	200
Sausages, Beef, Tinned	lbs.	25 1/2	..	25 1/2
Milk, Fresh	gals.	3 1/8	3 1/8	3 1/8	3 1/8	3 1/8	3 1/8	3 1/8	21 7/8
and Milk, Cond. or F.C.	lbs.	7 13/16	7 13/16	7 13/16	7 13/16	7 13/16	7 13/16	7 13/16	54 11/16
Powder, Baking	ozs.	12 1/2	..	12 1/2	12 1/2	12 1/2	12 1/2	12 1/2	25
Jam or Marmalade ..	lbs.	12 1/2	..	12 1/2	12 1/2	12 1/2	12 1/2	12 1/2	75
Syrup	lbs.	12 1/2	12 1/2	12 1/2
Sugar	lbs.	18 3/4	18 3/4	18 3/4	18 3/4	18 3/4	18 3/4	18 3/4	131 1/4
Peas, Blue	lbs.	6 1/4	6 1/4	6 1/4	6 1/4	6 1/4	6 1/4	6 1/4	43 3/4
Onions	lbs.	12 1/2	12 1/2	12 1/2	12 1/2	12 1/2	12 1/2	12 1/2	87 1/2
Potatoes	lbs.	62 1/2	62 1/2	62 1/2	62 1/2	62 1/2	62 1/2	62 1/2	437 1/2

(a) Biscuits, Service, issued in lieu of bread for purposes of turnover of stocks.

(b) Eggs, fresh, will be issued when supplies available.

(c) Substitution of other vegetables will be made when certain types are in short supply or not available.

NOTE.—Substitutions by Units will not be permitted, but when any commodities are in short supply or un-
 available, Supply Officers will issue equivalents in accordance with the scale laid down by LHQ. When any item
 the Ration Scale is not available or an equivalent is also unobtainable, some suitable substitute will be issued.

ISSUE OF FRESH FRUITS IN LIEU OF VEGETABLES FRESH.

(a) As from 17 Jan 44 the total weekly issue of vegetables fresh will be reduced by 75 lbs. per 100 personnel.

(b) The equivalent issue will be 37 1/2 lbs. of fresh fruit for 75 lbs. vegetables fresh.

(c) When apples or oranges are issued the equivalent will be 100 pieces of fruit in lieu of 75 lbs. vegetables fresh.
 ne fruits such as peaches, plums, apricots, &c., which do not permit of handling in carriage over long distances will
 issued only in the metropolitan area, except where supplies are available in good condition from the local Committee
 Direction of Fruit Marketing.

(d) When fresh fruit is not available, vegetables fresh will be issued as formerly.

(e) The amended scale of issue will apply only to AMF personnel (male and female) and RAAF. The amended
 le of issue for vegetables fresh will be as follows:—

Component.	Mea- sure.	Day of Consumption.							Weekly Total.
		Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.	
Vegetables Fresh—									
Beetroot	lbs.	16	16	15	47
Cabbage	lbs.	..	28	..	28	28	84
Carrots	lbs.	..	11	..	10	10	10	..	41
Cucumbers	lbs.	10	11	21
Lettuce	lbs.	..	13	..	13	..	13	..	39
Pumpkin	lbs.	24	..	24	..	24	72
Swedes	lbs.	12	..	12	..	12	36
Sweet Potatoes ..	lbs.	20	20	..	40
Tomatoes	lbs.	..	18	18	..	17	17	..	70
Fresh Fruit—									
Apples or Oranges	Pieces	100	100
Bananas or Other Varieties of Fresh Fruit ..	lbs.	37 1/2	37 1/2

SPECIMEN MENU—WAR RATION—Q'LAND L. OF C. AREA.

Day.	Reveille.	Breakfast.	Lunch.	Dinner.	Supper.
Monday	..	Porridge & Milk, Scrambled Eggs & Bacon, Jacket Potatoes, Bread, Butter, Jam, Coffee	Cold Meats, Salad, Jacket Potatoes, Pumpkin, Cheese, Doughnuts & Syrup Sauce, Bread & Butter, Jam, Tea	Braised Steak, Sweet Potatoes, Green Peas, Baked Jam Roll & Sauce, Bread, Jam, Tea	Coffee or Soup & Biscuits or Cheese
Tuesday	..	Porridge & Milk, Curry & Rice, Bubble & Squeak, Bread & Butter, Syrup, Tea	Cold Collation Beef, Salad, Potatoes, Fresh Fruit, Suet Dumplings & Syrup Sauce, Bread & Butter, Syrup, Tea	Roast Beef, Gravy, Cabbage, Baked Potatoes, Carrots, Plum Pudding & Custard, Bread, Jam, Tea	ditto
Wednesday	..	Stewed Fruit & Rice, Baked Tomatoes, Onions, Bread & Butter, Jam, Tea	Grilled Steak & Bacon, Salad, Potatoes, Peas, Creme of Rice, Bread & Butter, Jam, Tea	Roast Beef, Baked Potatoes, Pumpkin, Steamed Marguerite Pudding & Jam Sauce, Bread, Jam, Tea	ditto
Thursday	..	Porridge & Milk, Savoury Potato Pie, Mashed Potatoes, Bread & Butter, Jam, Tea	Cold Meat, Salad with Dressing, Potatoes, Macaroni Custard & Fruit, Bread & Butter, Jam, Tea, Fresh Fruit	Roast Mutton, Gravy, Cabbage, Baked Potatoes, Green Peas, Currant Pudding & Custard, Bread, Jam, Tea	ditto
Friday	..	Porridge & Milk, Bacon & Eggs, Bubble & Squeak, Bread & Butter, Jam, Tea	M. & V. Fritters, Salads, Pumpkin, Potatoes, Cheese, Scones, Fresh Fruit, Bread and Butter, Jam, Tea	Cheese Pie, Potatoes, Carrots, Peas, Rice Custard & Fruit, Bread, Jam, Tea	ditto
Saturday	..	Porridge & Milk, Haricot Chops, Jacket Potatoes, Bread & Butter, Jam, Tea	Boiled Mutton & White Sauce, Potatoes, Sweet Potatoes, Cheese, Fruit & Custard, Bread & Butter, Jam, Tea	Roast Mutton, Potatoes, Carrots, Green Peas, Fruit Slice & Custard, Bread, Jam, Tea	ditto
Sunday	..	Porridge & Milk, Sausages & Onions, Potatoes, Bread & Butter, Jam, Tea	Roast Beef, Cabbage, Potatoes, Pumpkin, Peas, Apple Sponge & Custard, Bread, Jam, Tea	Cold Meats, Salad, Swedes, Scones, Pancakes & Sauce, Bread, Jam, Tea, Butter	ditto

INDEX TO RECIPES, ETC.

No.	Remarks.	No.	Remarks.
1	Sanitary Rules for Cookhouses		MUTTON DISHES.
2	Don'ts for Cooks, etc.	51	Chops in Tomato Sauce
3	Duties of Warrant Officer Caterer	52	Cutlets
4	Duties of Sergeant or Senior Cook	53	Devonshire Pie
5	Instructions for Cooks	54	Fricassee Mutton
	PORRIDGES.	55	Haricot Mutton
6	Biscuit Porridge	56	Irish Stew
7	Rolled Oats	57	Sea Pie
8	Oats and Biscuit Porridge	58	Supreme of Mutton Crecy
9	Wheatmeal Porridge		PRESERVED MEAT DISHES.
	BACON DISHES.	59	American Dry Hash
10	Bacon and Potato Rolls	60	Baked Meat Loaf
11	Egg, Bacon and Cheese Pie	61	Galantine of Preserved Meat
12	Mutton and Bacon Hot Pot	62	Preserved Meat Curry
	CHEESE DISHES.	63	Preserved Meat Fritters
13	Cheese Fritters	64	Preserved Meat (Irish Stew)
14	Cheese Savouries	65	Preserved Meat Pie
15	Cheese Patties	66	Preserved Meat Rissoles
16	Cheese and Bacon Pie	67	Supper Pie
17	Cream of Vegetable and Cheese Pie		MEAT AND VEGETABLE DISHES.
18	General Uses	68	M. & V. Pie (No. 1)
19	Macaroni Cheese	69	M. & V. Croquettes (with potatoes)
20	Welsh Rarebit	70	M. & V. Curry & Rice
	MEAT DISHES.	71	M. & V. Pasties
21	American Beef Stew	72	M. & V. Sausage Rolls
22	Beef and Barley Croquettes	73	M. & V. Pie (No. 2)
23	Beefsteak en Casserole	74	M. & V. Savoury Pie
24	Beef Olives	75	M. & V. Dydon
25	Beef Stew	76	M. & V. Sea Pie
26	Bread and Butter Sausage	77	M. & V. Loaf
27	Brown Stew and Savoury Balls	78	M. & V. Croquette (with Rice)
28	Carrington Stew	79	M. & V. Rissoles
29	Cornish Pasties	80	M. & V. Gravy
30	Curry	81	M. & V. Roman Pie
31	Minced Beefsteak	82	M. & V. Potato, Bean or Peas Pie
32	Mince Rolls	83	M. & V. Toad in Hole
33	Queensland Hot Pot	84	M. & V. Hot Pot
34	Roast Beef and Yorkshire Pudding		B. B. PEAS DISHES.
35	Steak Pie	85	General Instructions
36	Steak and Kidney Pudding	86	Savoury Omelette
37	Savoury Beef Croquettes	87	Savoury Pie
38	Savoury Beef Rolls	88	Hot Pot
39	Braised Steak or Mutton	89	Bacon and Pea Rissoles
40	Savoury Steak	90	Blue Pea Soup
41	Force meat	91	Beef and Pea Casserole
42	Steamed Hash	92	Peas Pudding
43	Steak and Tomato Pie		RICE DISHES.
44	Spanish Pie	93	Baked Rice Custard (Egg)
45	Toad in Hole	94	Baked Rice Custard (Custard Powder)
46	Tripe and Onions	95	Cream of Rice
47	Tripe Rissoles	96	How to Boil Rice
48	Vienna Steak	97	Rice and Pea Croquettes
49	Yankee Pot Roast Beef		
50	Roast Chicken		

INDEX TO RECIPES, ETC.

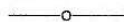
No.	Remarks.	No.	Remarks.
VEGETABLE DISHES.		PASTRIES.	
98	Baked Potatoes	152	Flaky Pastry
99	Bubble and Squeak	153	Puff Pastry
100	Cauliflower au Gratin	154	Pastry without Baking Powder
101	Cabbage and Greens	155	Scones
102	Hashed Brown Potatoes	156	Short Crust
103	Mashed Beetroot	157	Sweet Pastry
104	Meat and Peas Pudding		
105	Peas, Boiled	PUDDINGS, BAKED.	
106	Potato Croquettes	158	Apricot Pie
107	Saratoga Chips	159	Apple Charlotte
108	Vegetable Marrow	160	Bread and Butter Custard (Egg)
109	Vegetable Curry and Rice	161	Bread and Butter Custard (Custard Powder)
110	Vegetable Pie (No. 1)	162	Baked Fruit Roll
111a	Vegetable Pie (No. 2)	163	Baked Custard
111b	Onion and Tomato Pie	164	Baked Jam Roll
		165	Baked Apple Dumplings
		166	Baked Biscuit Pudding and Sweet Roux
FISH DISHES.		167	Bakewell Pudding
112	Fish Cakes	168	Fruit Slice
113	Fried Fish	169	Madeira Apple Sponge
114	Salmon Kedgeree	170	Madeira Cake Mixture
115	Salmon Pie	171	Syrup Roll
116	Salmon Rissoles		
		BOILED OR STEAMED.	
EGGS FRESH.		172	Apple and Currant Roly Poly
117	Baked Eggs	173	Biscuit Suet Pudding
118	Poached Eggs	174	Fruit and Biscuit Pudding
119	Scrambled Eggs	175	Boiled Egg Custard
		176	Boiled Custard (Custard Powder)
		177	Stewed Dried Fruits
EGG POWDER.		178	Isle of Wight Pudding
120	General Remarks	179	Boiled or Steamed Jam Roll
121	Baked Rice Custard	180	Steamed Marguerite
122	Bread and Butter Custard	181	Orange Pudding
123	Custard Sauce	182	Patriotic Pudding
124	Fritter Batter	183	Plum Pudding (No. 1)
125	General Uses	184	Plum Pudding (No. 2)
126	Scrambled Eggs (No. 1)	185	Raisin Pudding
127	Rock Cakes	186	Steamed Pudding (Foundation Mixture)
128	Scones	187	Suet Dough
129	Scrambled Egg and Bacon	188	Steamed Sultana Pudding
130	Scrambled Egg and Cheese		
131	Savoury Scrambled Eggs	SAUCES, SOUPS, ETC.	
132	Curried Scrambled Eggs	189	Butter Roux—White Sauce
133	Egg and Bacon Pie	190	Custard Sauce
134	Cheese Flan	191	Jam or Syrup Sauce
135	German Toast	192	Sauces (Various)
136	Fritters	193	Portagaise Sauce
137	German Grated Cakes	194	Gravy
138	Baked Custard	195	Clear Soups or Consommés (Various)
139	Custard Sauce	196	Brown Soup
140	Buck Rarebit	197	Jardiniere Soup
141	Cheese Rice and Egg Savoury	198	Stockpot for Soups, etc.
142	Savoury Croquettes		
143	Savoury Rissoles	SALAD AND SALAD DRESSINGS.	
144	Scrambled Eggs (No. 2)	199	Mock Mayonnaise
145	French Omelette	200	Potato Salad
146	Spanish Omelette	201	Savoury Seasoning
147	Pumpkin or Carrot Savoury	202	Salad Dressing (No. 1)
148	Yorkshire Pudding	203	Salad Dressing (No. 2)
149	Toad in Hole		
150	Cheese Tart		
151	Steamed Pudding		

INDEX TO RECIPES, ETC.

No.	Remarks.	No.	Remarks.
	MISCELLANEOUS SWEETS, ETC.		USE OF WHOLE WHEAT GRAIN.
204	Blanc Mange	250	General Remarks
205	Canadian Fritters	251	Savoury Wheat Cakes (No. 1)
206	Doughnuts	252	Savoury Wheat Cakes (No. 2)
207	Drop Scones or Pikelets	253	Plain Wheat Cakes
208	Fruit Fritters	254	Wheat Crisps
209	Pancakes	255	Wheaten Porridge
210	Yorkshire Fritters	256	Braised Whole Wheat
211	Batter	257	Boiled Wheat (Remarks)
212	Apple Shortcake	258	Cream of Corn
213	Bakewell Tart	259	Wheat Roughs
214	Bun Scrap	260	Wheat Croquettes
215	Yeast Buns	261	Savoury Wheat
216	Plain Biscuits	262	Wheat Cakes
217	Rolled Oat Biscuits	263	Germinated Wheat Porridge
218	Custard Tart	264	Germinated Wheat Sauce
		265	Germinated Wheat, Cheese and Rice Rolls
		266	Germinated Wheat and B.B. Peas Croquettes
		267	Germinated Wheat and Meat Puffs
		268	Gristed Wheat Porridge
		269	Gristed Wheat Bread
	CAKES.	270	Gristed Wheat Biscuits (No. 1)
219	Chermside Cake	271	Gristed Wheat Biscuits (No. 2)
220	Cheap Block Cake	272	Gristed Wheat Scotch Biscuits
221	Fruit Short Cake	273	Gristed Wheat Rock Cakes
222	Rich Cake	274	Rolled Oatmeal Meal Biscuits
223	Nut Loaf	275	Gristed Wheat Bread
224	Queen Cakes	276	Wheat Meal Biscuits
225	Medium or Sultana Cake		GENERAL NOTES.
226	Swiss Roll	277	Tropical Spread (Reconstituting)
227	15-minutes Sponge	278	Bread Making
		279	Bread and Biscuit Crumbs (General)
		280	Saving of Fats and Clarifying Dripping
	SUNDRIES.	281	General Hints on Cooking
228	Baking Powder	282	Notes on Brewing Tea
229	Hints on Cake Baking	283	How to Make Coffee
230	Brine Tub	284	Water Icing
231	Simple Brine for Meat	285	How to Cook Mutton Joints
		286	How to Cook Beef Joints
		287	Time Table for Cooking Meats
		288	Testing Fat for Frying
		289	Weights and Measures, Army Pannikin
		290	Weights and Measures (General)
		291	Army Cooking Utensils Capacity
	DEHYDRATED FOODS.		ADDENDUM.
232	General Notes and Tables	292	Oatmeal Mince
233	Curry and Rice	293	Oatmeal Cheese Cakes
234	Potato Pie	294	Oatmeal and Potato Cakes
235	Savoury Mutton and Beans	295	Baked Cheese and Potato Pasties
236	Mutton Pasties	296	Mixed Vegetable Croquettes
237	Mutton and Macaroni	297	Baked Stuffed Potatoes
238	Rissoles (Mutton)	298	Mixed Vegetable Flan
239	Beef Stew	299	Potato and Carrot Flan
240	P.M. Hash	300	Savoury Rice and Grated Cheese on Toast
241	French Toast	301	Cheese Straws
242	Buttered Carrots	302	Eccles Cakes
243	Mashed Potatoes	303	Lemon Curd Tart
244	Mashed Brown or Fried Potatoes	304	Manchester Tart
245	Mashed Potatoes (Julienne Style)	305	Dutch Apple Flan
246	Potatoes au Gratin	306	Fish Pasties
247	Cream of Potato Soup	307	Lemon Barley Water
248	Onion Sauce and Smothered Onions		
249	Onion Soup		

SANITARY RULES FOR COOKHOUSES.

1. No person suffering from Venereal or other contagious diseases is to be employed in Cookhouses.
2. All cooks employed in Cookhouses shall keep their nails short and clean and invariably wash their hands before they handle food.
3. Bowls, soap, nail brushes and towels should at all times be available in Cookhouses, and all cooks must pay particular attention to personal cleanliness.
4. No person shall use as a sleeping apartment and/or have any bed, bedding, private property or personal clothing in any place where foods are stored or prepared for consumption.
5. Smoking in Cookhouses is forbidden and cooks should not be permitted to have meals in kitchens.
6. Cookhouses, pantries, safes, tables, and all equipment used in the preparation and/or storage of foods shall at all times be kept in a thoroughly clean and sanitary condition.
7. Food shall at all times be protected against contamination by flies and dust as near as practicable.
8. Food scraps, vegetable peelings, etc., are to be deposited in covered refuse bins provided for the purpose. Refuse bins will be branded for the grades of refuse they are to contain.
9. The senior cooks in each kitchen will ensure that:—
 - (i.) Sufficient supply of clean hot water is available for purposes of washing up.
 - (ii.) Every endeavour is made to have defective and unserviceable equipment replaced by Q.M.
 - (iii.) All men engaged in Cookhouses wash their hands before handling foods and immediately after visiting latrines or urinals.
 - (iv.) No person wearing unclean or medicated bandages takes part in preparation, serving, or handling of foods.



**REMEMBER! SAVE VEGETABLE STOCK FOR SOUPS
AND GRAVIES.**

DON'TS.

1. **Don't** fail to enforce Rules of Hygiene in your kitchen.
2. **Don't** forget that variety is essential in good feeding.
3. **Don't** put the handles of knives into hot water.
4. **Don't** waste or throw away food which can be utilised again.
5. **Don't** leave until to-morrow any preparation that can be done to-day.
6. **Don't** smoke yourself or allow others to do so in the kitchen.
7. **Don't** slam the oven door at any time.
8. **Don't** be afraid to use plenty of soap and soda when cleaning greasy utensils.
9. **Don't** leave taps running.
10. **Don't** use cooking utensils for washing or scrubbing purposes.
11. **Don't** peel potatoes, the best portion is next to the skin.
12. **Don't** forget to frequently baste meat when roasting or baking.
13. **Don't** forget that stewing is the most economical way of cooking.
14. **Don't** boil a stew, only allow it to simmer.
15. **Don't** forget to soak all dried pulse overnight. (Blue Boiler Peas, etc.)
16. **Don't** attempt to fry fish unless the fat is smoking hot.
17. **Don't** forget to add sugar to figs and prunes before stewing.
18. **Don't** hide dirt.
19. **Don't** be afraid to acknowledge a mistake. It can nearly always be rectified.
20. **Don't** attempt to prepare any dish without the proper ingredients.
21. **Don't** forget to put suet puddings into boiling water.
22. **Don't** neglect to fill all boilers, etc., with water overnight.
23. **Don't** forget to lay all fires overnight, if possible.
24. **Don't** use more fuel than is actually necessary.
25. **Don't** allow unauthorised persons in kitchen.
26. **Don't** serve anything up until properly cooked.
27. **Don't** forget joints are to be put into hottest part of oven first to seal.
28. **Don't** allow fires to burn too low before replenishing.
29. **Don't** leave bones in the stock pot overnight.
30. **Don't** leave scum on the stock pot.
31. **Don't** use a fork to turn joints.
32. **Don't** leave anything until the last minute.
33. **Don't** throw away left-over food—use it in other dishes.
34. **Don't** let an egg custard (baked) boil, because it will spoil.
35. **Don't** beat eggs in a greasy bowl, they will not lift.
36. **Don't** grab a falling knife.
37. **Don't** lay meat on knives.
38. **Don't** throw knives together.
39. **Don't** force a saw, it may "jump."
40. **Don't** crowd working space.
41. **Don't** carry knife when both hands are needed.
42. **Don't** ruin temper of knife on power-driven stone.
43. **Don't** use knives for cutting bones which should be sawed.
44. **Don't** leave foodstuffs uncovered.

10

- 45. **Don't** abuse knives by cutting string, rope, sacks, paper or wood.
- 46. **Don't** use saw for any purpose other than sawing bones.
- 47. **Don't** use cleaver to cut wire, opening tins or wood crates.
- 48. **Don't** forget to put up your daily Roster in kitchen.
- 49. **Don't** carve cooked meat until it has set—keep warm, and allow to stand 30 minutes.
- 50. **Don't** serve greasy meals.
- 51. **Don't** use bi-carbonate of soda when cooking vegetables. You destroy vitamins.
- 52. **Don't** boil cabbage with the lid on.
- 53. **Don't** try and force your cooking, it will be ruined.

DON'T GIVE ANYTHING BUT YOUR BEST.

DON'TS FOR BOILERMAN. (WILES COOKER.)

- 54. **Don't** light fire before filling boiler to working level.
- 55. **Don't** blow boiler down unless steam pressure is at 10 lb. and water level is watched.
- 56. **Don't** allow steam working pressure to fall below 50 lb.
- 57. **Don't** connect ANY container to steam hose before first blowing steam through.
- 58. **Don't** forget to fill by pumping in small amount of water at frequent intervals.
- 59. **Don't** try to boost hot water system when all steam cookers, etc., are full on.
- 60. **Don't** permit anyone to put water in bottom of steamer or sugar or salt on the top of vegetables in a steamer.
- 61. **Don't** waste steam. After 10 minutes rich supply to vegetable steamer to warm it up, shut down until there is only a small escape from steamers.
- 62. **Don't** "Rush" a stew after it has once been brought to the boil. Turn steam on very lightly.

DON'TS FOR COLD ROOM.

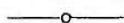
- 63. **Don't** use ordinary disinfectants, phenyle or sandsoap in cleaning out cold room.
- 64. **Don't** allow drippings on the walls or floors.
- 65. **Don't** open cold room more often than necessary.
- 66. **Don't** slam door of refrigerator when closing.
- 67. **Don't** place liquid in cold room unless covered by lid or other suitable cover.
- 68. **Don't** leave sawdust or other covering on floor longer than necessary.
- 69. **Don't** use the room to store "Beer" in.

REMEMBER! SAVE VEGETABLE STOCK FOR SOUPS AND GRAVIES.

DUTIES OF WARRANT OFFICER CATERER.

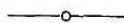
1. Warrant Officer Caterers, A.A.C.C. appointed to Units will function under the direction of the commanding officer through the second-in-command or the adjutant.
2. He should work in the closest liaison with the Quartermaster.
3. He is responsible to the Unit C.O.s for:—
 - (a) Advice upon the preparation of A.B.55.
 - (b) Advice on the receipt (with inspection for quality) and distribution of rations within the Unit.
 - (c) Recommending of variety of foodstuffs to be purchased through S.R.A.
 - (d) Organisation, control and general supervision of all cooking personnel.
 - (e) Preparation of suitable menus.
 - (f) Preparation and service of meals.
 - (g) Safe custody of rations under his immediate care.
 - (h) Cleanliness of kitchens—kitchen equipment, mess rooms and nearby surroundings.
 - (i) Supervision of the collection of all "salvage and recovery" items arising from cooking and catering operations within the unit.
 - (j) Improving of practical efficiency of all cooking personnel in the Unit.
 - (k) Recommending of personnel for attendance at advanced cooking schools and/or promotion.
 - (l) Recommending the demoting or degrouping of personnel, considered inefficient and incapable of performing the specialist duties required.
4. He should, at frequent intervals, lecture all cooking personnel within the Unit, and encourage the men to ask questions appertaining to their work. At these meetings, new recipes, catering circulars, etc., should be passed on.
5. Instructions affecting personnel and/or kitchens should be given through the N.C.O. in charge. This not only makes the N.C.O. appreciate his authority but encourages the men to look to their immediate superior for information and advice.
6. He should ensure that all instructions affecting catering are passed on through him and not direct to kitchen staff by persons other than himself.
7. He should arrange for a mess committee, on which the men are represented, to meet once weekly for the exchanging of ideas, receive recommendations, etc.
8. He must, at all times, set an example to his subordinates in the matter of personal cleanliness and will be responsible for the personal cleanliness of cooking personnel.
9. He is to encourage his senior N.C.O's. to approach him at any time they may be seeking advice.

10. He is to insist wherever possible that junior N.C.O.s and men approach him through their immediate superiors.
11. He should prepare and have ready for inspection, in kitchens under his control, a duty and leave roster of all cooking personnel.
12. He may directly contact D.A.C. representative on formation concerned on any technical matter.
13. He should ensure that the services of cooks are utilised in connection with unit messing and not used for other nominal regimental duties.—See G.R.O. 443/43 para. 1.



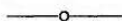
DUTIES OF SGT. OR SENIOR N.C.O. COOK.

1. Where a Warrant Officer caterer is appointed within the unit, the Sergeant or senior N.C.O. cook is responsible to the caterer for all cooking personnel, kitchen and equipment under his immediate control.
2. Where no Warrant Officer caterer is appointed, he is responsible for the fulfilling of duties set down for the caterer.
3. Responsible for the initial training of potential cooks prior to trade testing or attendance at a cooking course.
4. He is to bring to the notice of the responsible authority, personnel considered as inefficient, careless or negligent in the performance of their duties.
5. He is directly responsible for efficient preparation of all meals from his kitchen or unit.
6. He must be capable of demonstrating any dishes that have to be prepared and for improving the practical efficiency of cooking personnel under his control.
7. He is to set an example to his men in his personal cleanliness at all times.
8. He must endeavour to cultivate the "Team spirit" and encourage his subordinates to air any grievance they may have.
9. He must at all times exercise control and remember he is in charge of the kitchen.
10. He should see that his men have their meals at proper times and that they do not dine in the kitchens.
11. He should ensure that all matters affecting catering or cooking personnel in his particular kitchen or kitchens are passed on through him or his assistant N.C.O.
12. He is not to permit unauthorised personnel to remain in any kitchen under his control.



INSTRUCTIONS FOR COOKS.

1. Cooks and their assistants will be on duty at the hours stated in the duty roster, and should not leave the kitchen without permission of the senior N.C.O. Cook.
2. Cooks are not to have meals in the kitchen.
3. They are to make any request or complaint to the N.C.O. Cook in charge of their particular kitchen; this N.C.O. will then take any action considered necessary.
4. Meat block and benches should be well scraped and scoured with hot water and soap.
5. Kitchens will be thoroughly cleaned daily, and tables scrubbed with hot water and soap on both sides.
6. Tables and boards on which meat is cut up should be well scrubbed on both sides immediately after use.
7. All cupboards, vegetable stores, etc., are to be cleaned out daily.
8. All vegetables to be emptied out of bags on delivery and vegetables are to be turned over daily.
9. Flues and fireplaces of all cooking ranges and soyers will be cleaned out daily and soot brushed away. Sinks will be cleaned, and gutters and drains kept clear of any obstruction. Cooking utensils will be washed after use and put away until again required for use.
10. **Remember—clean as you go!**
11. In all cook houses, pots and dishes, when not in use, should be kept on a shelf or rack and placed on their sides for airing.
12. Cooks are **not** to have any bedding, private property or personal clothing in any place where food is stored or prepared for consumption.
13. It is the duty of every cook to make himself as proficient as possible and give nothing but the best of service to the unit to which he may be attached.
14. Attention of all cooking personnel is directed to Sanitary Rules for Cookhouses at beginning of this manual.
15. In accordance with G.R.O. 443/43, all members of A.A.C.C. should wear the colour patch of that Corps.



REMEMBER! CLEAN AS YOU GO.

RECIPES AND METHODS OF PREPARATION OF VARIOUS DISHES.

(6) BISCUIT PORRIDGE.

Ingredients: 10 lbs. Biscuits, 3 lbs. Sugar, 5 tins of Milk, 3 gallons Boiling Water or Milk.

Method: Crush Biscuits, boil Milk, and pour over Biscuits, add Sugar. Stir well till quite thick. Serve very hot.

(7) ROLLED OATS.

Ingredients: Rolled Oats 6 lbs., Salt to taste, Water 3 gallons, Milk 1 gallon. Sugar to taste (about 4 lbs.).

Method: Bring Water to boil and slowly stir in Rolled Oats. Stir continually to prevent lumping. Add Salt. Allow to simmer till thickened and then draw fire. Rolled Oats burn very quickly so care must be taken. Add Sugar and stir in Milk.

(8) ROLLED OATS AND BISCUIT PORRIDGE.

Ingredients: 4 lbs. Rolled Oats, 3 lbs. Biscuits, approximately 3 gallons Water, 4 ozs. Salt.

Method: Pass Biscuits through fine mincer or thoroughly crush up. Bring Water to boil, adding Salt. Stir briskly while gradually adding Rolled Oats. Boil until cooked; then add Biscuits, stirring well, and when thoroughly blended, add Milk and Sugar to taste.

(9) WHEATMEAL PORRIDGE.

Ingredients: 6 lbs. Wheaten Meal, 4 gallons Water, 2 lbs. Sugar, 6 ozs. Salt, 1 gallon Milk.

Method: Bring Water to boiling point. Add Salt, then stir in briskly Wheaten Meal. Cook for at least 30 minutes, add Sugar; Milk may then be added or served separately.

(10) BACON AND POTATO ROLLS (Breakfast Dish).

Ingredients: 9 lbs. Bacon, 20 lbs. Potatoes, 6 lbs. Flour, 6 ozs. Baking Powder, 4 lbs. Onions, 4 ozs. Salt, 1 oz. Pepper.

Method: Cut rind off Bacon, mince Bacon and Onions, mash Potatoes, sieve Flour and Baking Powder, mix all ingredients together to a cake consistency and fry in deep Fat.

(11) EGG, BACON, AND CHEESE PIE.

Ingredients: 10 lbs. Flour, 3 ozs. Baking Powder, 4 lbs. Clean Dripping, 4 lbs. Grated Cheese, $\frac{1}{2}$ oz. Pepper, 3 ozs. Salt, 4 lbs. Bacon, $1\frac{1}{2}$ lbs. Egg Powder, 2 quarts Water, 2 quarts Milk, Chopped Parsley.

Method: Make paste with Flour, Baking Powder, and Dripping. Line bottom of pan half-way up sides, mix sifted Egg Powder with Water to a creamy consistence, add Milk, Cheese, Chopped Bacon, Parsley, and Salt, and pour into lined pan. Cover with paste. Egg wash top. Cook for $1\frac{1}{2}$ hours.

(12) MUTTON AND BACON HOT POT.

Ingredients: 15 lbs. Breast of Mutton and/or Necks of Mutton and Shanks, 7 lbs. Bacon, 6 lbs. Carrots, 4 lbs. Turnips, 4 lbs. Onions, 15 lbs. Potatoes, Pepper, and Salt.

Method: Bone and trim Mutton, cut into cubes, cube vegetables. Cube Bacon. Place in Cooking utensil and simmer for 1 hour. Potatoes to be sliced and placed overlapping neatly on top.

(13) CHEESE FRITTERS.

Method: Cut Cheese into pieces 3 inches long, $1\frac{1}{2}$ inch wide, and $\frac{1}{2}$ inch thick. Make batter using 2 Eggs to every 1 lb. Flour. Season with Pepper and a small amount of mixed Mustard. Sufficient Milk to make batter just thick enough to run off spoon. Stand aside for 1 hour. Dip Cheese in dry Flour first, then into batter completely covering. Fry in smoking hot fat until a golden brown. Should be served on piece of toast.

(14) CHEESE SAVOURIES.

Method: 8 lbs. Cheese, 1 lb. Dripping, Salt, and Pepper, 2 lbs. Flour, 2 lbs. Biscuit Dust. Shred the Cheese and the Dripping, add the Flour and Biscuit Dust, Pepper and Salt to taste, then add sufficient Water to make into a stiff paste. Cut into squares and bake in a moderate oven.

(15) CHEESE PATTIES.

Ingredients: 10 lbs. Cheese, 24 lbs. Potatoes, 2 ozs. Salt, Pepper.

Method: Prepare and cook Potatoes and allow to cool. Grate Cheese. Mix the whole of the ingredients together and pass through mincer. Place the mixture on a table and mark off required number of pieces. Mould into patties and cook in quick oven for 20 minutes.

(16) CHEESE AND BACON PIE.

Ingredients: 6 lbs. Cheese, 2 lbs. Bacon, 2 lbs. Onions, 8 Eggs, 4 ozs. Butter, Parsley, Bread or Biscuit Crumbs, Seasoning.

Method: Cut rind from Bacon and boil for few minutes. Chop Bacon and Onion finely and fry in Butter. Line dishes with sliced Cheese, then Onion and Bacon mixture, now beat the Eggs with Milk, Parsley, and Seasoning. Pour over ingredients in dishes, cover top with Cheese and few Breadcrumbs. Bake $\frac{1}{2}$ hour and serve with fingers of toast.

(17) CREAM OF VEGETABLE AND CHEESE PIE.

Ingredients: 6 lbs. Sliced Cheese, 1 lb. Shredded Cheese, 6 lbs. Cooked Vegetables (Peas, diced Carrots, Onion), Parsley, White Sauce (Butter Roux), Creamed Potatoes, Flour, 8 Eggs, Seasoning.

Method: Arrange Sliced Cheese and Vegetables in layers. Sprinkle thickly with Parsley and pour on White Sauce. Whip Creamed Potatoes and blend in Flour, add Beaten Egg and Shredded Cheese. Season to taste and spread over Cheese and Vegetables in dish.

(18) CHEESE.

This commodity is of great food value, one method of using this commodity extensively is in the preparation of Salads. After the Salad is prepared, the Cheese should be grated over the top of the Salad—this not only improves the appearance but also the flavour of the salad.

(19) MACARONI CHEESE.

Ingredients: 4 lbs. Macaroni, 2½ gallons White Sauce, 4 lbs. Cheese, 2 lbs. Biscuits or Bread Crumbs.

Method: Place the Macaroni in Boiling Water, cook until tender. Place layer of Macaroni in bottom of baking dish. Sprinkle with Bread Crumbs, then grated Cheese. Continue filling dish leaving last layer of Crumbs and Macaroni. Pour White Sauce over contents. Place last layer of Crumbs and Cheese. Bake to a golden brown.

(20) WELSH RAREBIT.

Ingredients: 8 lbs. Cheese, 12 ozs. Butter, 3 pints Milk, 1 dessertspoonful Mustard.

Method: Mince or grate Cheese, add Butter, Milk, and Mustard (already mixed). Place ingredients in greased dish, simmer on top of stove for 15 minutes, then place in moderate oven until golden brown (approximately, ½ hour).

(21) AMERICAN BEEF STEW.

Ingredients: 25 lbs. Meat, 4 lbs. Chopped Onions, 10 lbs. Potatoes, Flour, Salt, and Pepper to taste, Stock or Water.

Method: Cut meat into about ¾-inch cubes and place in container. add Onions and Water to cover, bring to boil quickly and let simmer for 1½ hours, then add Potatoes. When Potatoes are almost cooked thicken with Flour, bring to boil, draw off fire, and keep hot until served.

REMEMBER! SAVE VEGETABLE STOCK FOR SOUPS AND GRAVIES.

(22) BEEF AND BARLEY CROQUETTES OR RISsoles.

Ingredients: Cooked Meat 25 lbs., Mixed Herbs 2½ ozs., Onions 5 lbs., Barley, Ground, 6 lbs., Breadcrumbs 2½ lbs., Pepper, and Salt.

Method: Put Meat through mincer with Onions, have the Barley cooked to the stiffness of Blanc-mange and let go nearly cold. Add all ingredients and season and mould to shape; Flour. Egg wash and Crumb, and fry in deep, hot fat till golden brown. Serve with Tomato Sauce, etc.

MEAT AND BARLEY ROLL.

As above, tie in cloths and boil for 1½ hours.

(23) BEEFSTEAK EN CASSEROLE.

Ingredients: 30 lbs. Beef Steak, Vegetables, Carrots, Turnips, and Onions, Celery, if procurable.

Method: Cut meat and vegetables into slices, place in baking dish, cover with sufficient plain Flour to form sauce, place layer of Vegetables; repeat method until dish is full. Make sure that the amount of Pepper and Salt with the Flour is sufficient to form a good Sauce. Cover with cold Water, place another dish upside down to avoid meat becoming dry on top, and allow condensation of steam. Cook for approximately 2 hours.

(24) BEEF OLIVES.

Ingredients: Steak, Bacon, Dripping, Mixed Herbs, Breadcrumbs, Chopped Onions, Pepper and Salt, Chopped Parsley, little Flour and Stock.

Method: Cut Steak in sizes 3 inches by 1½ inches by ½ inch. Trim Bacon. Roll up small portion of Seasoning, place on strip of Bacon and Steak, roll up and skewer. Place in baking dish with Dripping. Braise slowly. After braising for 35 minutes, make up Sauce consisting of residue from Gravy, a little Stock, little Tomato Sauce, little Flour, pour over Olives, and allow to simmer for 1½ hours.

(25) BEEF STEW.

Ingredients: 25 lbs. Meat, 4 lbs. Chopped Onions, 10 lbs. Potatoes, Flour, Salt and Pepper to taste, Stock or Water.

Method: Cut Meat into about ¾-inch cubes and place in container, add Onions and Water to cover, bring to boil quickly and let simmer for 1½ hours, then add Potatoes. When Potatoes are almost cooked thicken with Flour, bring to boil, draw off fire, and keep hot until served.

(26) BREAD AND BUTTER SAUSAGE.

Ingredients: 22 lbs. Meat, 5 lbs. Bacon, 4 lbs. Onions, 4 lbs. Breadcrumbs, 3 lbs. Sago, ½ lb. Butter, Herbs, 4 ozs. Salt, 3 ozs. Pepper.

Method: Soak Sago overnight. Cut up Meat, chop Onions finely, melt Butter. Mix all ingredients together with enough Water to bind. Steam in prune tins or other containers for three (3) hours.

Note.—This dish is very palatable whether hot or cold, and any left-over cooked Meat can be used in this manner.

(27) BROWN STEW AND SAVOURY BALLS.

Ingredients—Stew: 30 lbs. Beef Steak, 6 lbs. Onions, 2 lbs. Flour, Salt, Pepper, and Stock.

Method: Flour Meat, add Seasoning. Brown off in dishes on top of stove. Add to boiling Stock. Add roughly chopped Onions and thicken.

Ingredients—Savoury Rolls: 6 lbs. Flour, 4 ozs. Baking Powder, 1½ lbs. Suet, level dessertspoon of Salt, ½ lb. Onions, 1 oz. Mixed Herbs.

Method: Mince Suet and Onions, add Herbs, make a light dough. Roll into balls, place into Stew, cook for 20 minutes.

(28) CARRINGTON STEW.

Method: Make in similar manner as Irish Stew. Cut meat into cubes, place in cooking utensils. Add Pepper and Salt and a fair amount of Mixed Vegetables with Onions. Cook for $1\frac{1}{2}$ hours, then add twice the amount of Potatoes as Vegetables and a few Tomatoes $\frac{1}{2}$ hour before required. Sprinkle over with chopped Parsley or fine shredded lettuce before serving.

(29) CORNISH PASTIES.

Ingredients: Short Pastry, Carrot, Turnip, Parsnip, Onion, Mutton Scraps (free from fat), Pepper and Salt, Mixed Herbs, Flour, Potato.

Method: Cut up Meat into small Cubes, place on stove and allow to simmer in Stock or Water. Cut up Vegetables and add to Meat. Season with Pepper, Salt, and Herbs. Bring to boil and allow to simmer. Thicken and allow to complete cooking. Take off stove and allow to cool. Make up short pastry, roll thinly and cut to shape. Place in cold greased slides. Place meat on centre of pastry, turn over, Egg wash, and cook in moderate oven to golden brown.

(30) CURRY.

Ingredients: 30 lbs. Beef or Mutton, Lemon Juice, Carrots, 7 lbs. Onions, Tomato Sauce, 4 ozs. Curry Powder, 2 doz. Apples, 2 lbs. Sultanas, Chutney, if available, Stock.

Method: Cut up Meat, remove surplus fat. Place little Dripping in pot and braise off meat. Peel Onions and Fruit, grate Carrots, add Curry and remainder of mixture to Meat. Cover with Stock bring to boil, simmer for 2 to 3 hours. Serve with Potatoes and Rice.

(31) MINCED BEEFSTEAK.

Ingredients: 25 lbs. Mincemeat, 4 lbs. Onions, Biscuit Crumbs to thicken.

Method: Mix proportion of Hot Water with Mincemeat, continue stirring same over fire till red colouring disappears and Meat is free from lumps. Add small quantity of Water, chop finely 4 lbs. of Onions, braise in small amount of Fat till partly cooked. Add Onions to Meat with Pepper and Salt to taste. Thicken with Biscuit Crumbs and serve very hot.

(32) MINCE ROLLS.

Ingredients: 20 lbs. Mincemeat, 10 lbs. stale Bread, 6 lbs. Onions, 6 ozs. Salt, 2 ozs. Pepper, 14 lbs. Flour, 3 ozs. Salt, 5 lbs. Dripping, 2 pints Water.

Method: Mix Mincemeat, soaked Bread, Onions, Salt, Pepper, the same as for cabbage rolls (Miscellaneous Recipes), then make a paste of the following ingredients: 10 lbs. of plain Flour, 3 ozs. Salt, 4 lbs. hot Fat, 2 pints boiling Water, mix into stiff dough, roll out very thin, cut in lengths 3 inches wide, 24 inches long. Place Meat in centre, wet edges, and roll. Cut into rolls, 3 inches long, serve with Tartare Sauce.

(33) QUEENSLAND HOT POT.

Same as Mutton and Bacon Hot Pot, substituting Beef for Mutton.

(34) ROAST BEEF AND YORKSHIRE PUDDING.

Ingredients: 30 lbs. Rib or Sirloin of Beef, 1 lb. Plain Flour for Gravy, Pepper and Salt.

Method: Baste small amount of Dripping over Meat, which should be put into hot oven to seal the albumen, finish cooking in slower temperature to retain nutritive value.

YORKSHIRE PUDDING.

Ingredients: 4 lbs. Flour, 2 ozs. Salt, Milk, 12 Eggs.

Method: Separate yolk from white and add yolk to Flour and Salt. Mix to thin batter with Milk. Beat up white of Egg to stiff froth and fold lightly into batter. Pour into hot greased dish and bake in a quick oven.

Note.—Baking Powder may be added, $\frac{3}{4}$ oz. to 1 lb. flour.

(35) BEEFSTEAK PIE.

Ingredients: 30 lbs. Beefsteak, 5 lbs. Onions, 6 lbs. Flour, plain, $2\frac{1}{4}$ ozs. Baking Powder, 2 lbs. clean Dripping, 3 ozs. Salt, $2\frac{1}{2}$ pints Water. (Approximate.)

Method: Remove surplus fat from Meat and cut into even slices. Braise on top of stove or in oven. Chop Onions finely and braise separately.

PASTRY.

Rub the Dripping into Flour, make a bay in centre, and add Salt, then pour in Milk. Dough up so as to remove toughness of texture and allow to stand for 30 minutes. Place Meat and Onions in baking dish and cover with pastry, sealing down well, and bake in moderate oven.

(36) BEEFSTEAK AND KIDNEY PIE.

Ingredients: 25 lbs. Beef, 2 lbs. Kidney, 6 lbs. Onions, 10 lbs. Root Vegetables, if desired, 6 lbs. Flour, 3 ozs. Baking Powder, 3 ozs. Salt, $2\frac{1}{4}$ lbs. Minced Suet, $1\frac{1}{2}$ pints (approximate) Milk or Water, and Pepper.

Method: Trim Beef of all surplus fat and cover with cold Water, bring to boil quickly, season, and allow to simmer for 2 hours. Add chopped Onions and Vegetables, cover with paste; cook in moderate oven for 45 minutes.

PASTE.

Sift Flour and Baking Powder into dish, add Salt and Suet, mix thoroughly, add Water, and make into stiff paste.

(Work as little as possible after doughing.)

(37) SAVOURY CROQUETTES OF BEEF.

Ingredients: 20 lbs. Fresh or Preserved Beef, 2 lbs. Onions, Bread-crumbs, Mixed Herbs, Salt.

Method: Mince Beef finely and add some Pepper. Mince Onions and Saute over fire with small amount of Fat, until cooked. Make a Roux with clean Fat and Flour and add sufficient boiling Stock to bind the mixture, using Breadcrumbs for this purpose. Small quantity of Herbs may now be added. Cook Meat well and add above mixture, shaping into croquettes. Fry in hot Fat until brown. Serve two to each man.

(38) SAVOURY BEEF ROLLS.

Ingredients: 20 lbs. Minced Beef, 18 lbs. Potatoes, 18 Eggs, Parsley, Seasoning, $\frac{3}{4}$ lb. Butter, 5 lbs. Flour, 4 oz. Baking Powder, Salt.

Method: Boil Potatoes, place Butter in pot, add Meat and cook, add Flour to Meat to bind and Stock, if necessary. Add Seasoning, remove from stove and allow to cool. Mash Potatoes, beat in Eggs, bind with a little Flour and add more Salt.

When cold, roll out in small pieces, place a little meat in centre, damp around the edges and roll up.

Egg wash, roll in Breadcrumbs and fry in Fat to golden brown.

(39) BRAISED BEEFSTEAK OR MUTTON.

Ingredients: 25 lbs. Beefsteak or Mutton, 2 lbs. Dripping, 4 lbs. Onions, 6 lbs. Carrots, 6 lbs. Swede Turnips, 4 ozs. Salt, $\frac{1}{2}$ oz. Pepper, 2 lbs. Flour, plain, 2 gallons Stock.

Method: Place Beef or Mutton in baking or roasting pan, slightly coat with Dripping which has been melted, add Pepper and Salt. Place in very hot oven, allow to partly brown, mix thoroughly and repeat process until all Meat is nicely brown, add Flour and thoroughly mix again, leaving in oven a further fifteen minutes to slightly colour Flour, then add your Stock to make Sauce a nice consistency.

Vegetables should be evenly cut into desired shape, and treated similarly, but separately before being added to Meat.

Note: No Water or Stock should be added when "Braising" before Meat is browned.

(40) SAVOURY STEAK (BAKED).

Ingredients: 30 lbs. Stewing Steak, 4 lbs. Bacon, 5 lbs. Force meat, Stock.

Method: 3-part Braise Steak and Bacon, place layer of Meat then Bacon in dish, cover with Force meat. Repeat until all is used, leaving layer of Meat on top. Barely cover with thickened Stock and bake for half an hour.

(41) FORCEMEAT.

Ingredients: 2 lbs. Onion, 3 lbs. Biscuit or Breadcrumbs, 4 ozs. Herbs, Seasoning, 3 Eggs.

Method: Beat Eggs, soak Crumbs, mince Onions, and work all ingredients in together.

(42) STEAMED HASH.

Ingredients and Method: Take 20 lbs. peeled Potatoes, cut into quarters, just cover with Water, add 3 lbs. Onions finely chopped or minced and any trimmings of Meat from previous day should be minced and added to Potatoes; season to taste with Pepper and Salt; bring to the boil and simmer for half an hour. When cooked should be moist, not watery. A little Curry can be added if a change is desired.

(43) STEAK AND TOMATO PIE.

Ingredients: 30 lbs. Stewing Steak, 3 lbs. Onions, 12 lbs. Tomatoes, 3 lbs. Bread or Biscuit Crumbs, Salt and Pepper.

Method: Cut Meat into 2-inch squares, braise off Meat and Onions. Place layer of Crumbs in baking dish, then layer of sliced Tomatoes, then Meat, continue sequence until dish is filled, leaving crumbs on top. Half fill dish with lightly thickened Stock. Bake for half an hour.

(44) SPANISH PIE.

Ingredients: 30 lbs. Stewing Steak, 2 ozs. Herbs, Seasoning, 7 lbs. Onions, 7 lbs. Tomatoes, 7 lbs. Potatoes, Stock, Flour.

Method: Take any Stewing Steak, roll in Flour, put in baking dish and cover with Water. Sprinkle with Herbs, season to taste. Lay alternate slices of Onions and Tomatoes till dish is nearly full. Top off with slice of rings of Potatoes. Put in oven and bake 2 or 3 hours.

(45) TOAD IN THE HOLE.

Ingredients: 30 lbs. Sausages, Yorkshire Pudding Mixture with Baking Powder in mixing.

Method: Place Sausages in boiling water for 10 minutes. Remove and place in greased baking dish. Pour Batter over Sausages and bake in moderate oven to golden brown.

Cut in pieces and serve with Brown Gravy.

(46) TRIPE AND ONIONS.

Ingredients: 7 lbs. Onions, 1 gallon Milk, 3 lbs. Flour, 30 lbs. Tripe (honeycomb), Parsley, Pepper and Salt.

Method: Cut up Tripe $\frac{1}{4}$ -inch squares, cook in Salted Water with Lemon. When partly cooked strain off Water and add Fresh Milk and Onions. Season, bring to boil and allow to simmer. Add Milk and Thickening, Seasoning, if necessary. Garnish with Chopped Parsley.

(47) TRIPE RISsoles.

Ingredients: 30 lbs. Tripe, 10 lbs. Onions, 16 lbs. Mashed Potatoes, Parsley, 4 ozs. Salt, 3 ozs. Pepper, 6 Eggs.

Method: Cook Tripe till tender, put through mincer, put Onions through mincer, add Mashed Potatoes, Eggs, Parsley, Pepper, and Salt to taste. Roll up as for rissoles, fry in Deep Fat, serve hot, with White Onion Sauce.

(48) VIENNA STEAK.

Ingredients: 30 lbs. Stewing Steak, 10 lbs. Onions, 1 oz. Mixed Herbs, tablespoon finely chopped Parsley, 3 lbs. Biscuit Crumbs, 1 doz. Eggs, Seasoning.

Method: Mince Meat and 3 lbs. Onions, add Crumbs, Parsley and Herbs. beat Eggs and work well into mixture. Shape into small flat cakes, place in Boiling Fat, fry until brown. Serve with Onion gravy.

(49) YANKEE POT ROAST BEEF.

Ingredients: Place small amount of Fat to prevent sticking in cooking utensil. Put Meat in cooking utensil and place on a very hot stove or in oven; keep covered with lid; thoroughly brown Meat and when nicely browned, add Pepper, Salt, and one-fifth weight of the Meat in cut-up Vegetables (Carrots, Turnips, Onions). Cook slowly until completely soft. Skim off all Fat and serve both Vegetables and Gravy together.

(50) ROAST CHICKEN.

Make up seasoning and stuff the bird.

Method: Place in a baking dish and dust with Flour. Plenty of good Dripping should be placed in the baking dish. Sprinkle with Salt and cover with Greased Paper. Bake in a medium oven to a golden brown for 1 to 1½ hours.

(51) CHOPS IN TOMATO SAUCE.

Method: Braize Chops. Pour over Butter Roux Sauce flavoured with Tomato Sauce to taste.

(52) CUTLETS.

Ingredients: Rib end of Mutton, Breadcrumbs, Salt and Pepper, little Flour, Egg Wash.

Method: Prepare Cutlet and dust with Flour. Egg Wash and dip into Breadcrumbs. Fry to a golden brown.

Note: A Sauce and not a Gravy is served with Cutlets.

(53) DEVONSHIRE PIE.

Ingredients: 20 lbs. Breast of Mutton and/or Necks and Shanks, 6 lbs. Carrots, 4 lbs. Turnips, 4 lbs. Onions, Pepper and Salt, 6 lbs. Flour, 2 lbs. Dripping, 1 lb. Flour for thickening.

Method: Bone and trim Mutton, cut into cubes, cube Vegetables. Place in cooking utensil, simmer for 1½ hours. Remove Fat, thicken with Flour and Water. Make Short Paste. Place Meat Mixture in baking dish, cover with Short Pastry. Place in hot oven. Cook for approximately half an hour.

(54) FRICASSE BREAST OF MUTTON.

Method: The same method to be adopted as instructed in Supreme of Mutton, omitting Carrots. Recipe No. 53.

(55) HARICOT.

Ingredients: 36 lbs. Neck, Shank or Breast of Mutton, Seasoning, 7 lbs. Carrots, 7 lbs. Turnips, 7 lbs. Onions, Flour, Stock, Dripping.

Method: Trim and cut up Mutton. Place Dripping in a pan, heat, and braize Meat to a golden brown. Remove Fat. Sprinkle with Flour. Add liquid, season to taste, add prepared Vegetables. Replace lid and bring to boil and let simmer until cooked.

(56) IRISH STEW.

Ingredients: 25 lbs. Mutton (Flanks, Breast or Shank), 6 lbs. Onions, 6 lbs. Carrots, 6 lbs. Swede Turnip, Chopped Parsley, ½ oz. Pepper, 25 lbs. Potatoes, Salt to taste.

Method: Cut up Mutton, removing surplus fat. Cut all Vegetables in $\frac{1}{2}$ -inch dice, place Meat and Vegetables, Pepper and Salt in cooking utensil, just cover with Water, bring to boil, and allow to simmer for one hour. Add Potatoes cut up, and allow to cook for another hour. Garnish with Chopped Parsley. Potatoes should be sufficient thickening. Cooking should be performed with lid on utensil.

(57) SEA PIE.

Ingredients: 34 lbs. Mutton, 7 lbs. Mixed Vegetables, 7 lbs. Potatoes, Suet Dough, Seasoning, and a little Thickening if required.

Method: Cut up Meat to 1-inch dice, cook and when nearly cooked add vegetables on top of Meat. When Vegetables are nearly cooked cover with layer of Sliced Potatoes. Cover with Suet Dough. Replace lid and steam for $\frac{1}{2}$ hour.

(58) SUPREME OF MUTTON CRECY.

Ingredients: 30 lbs. Mutton (use either Breast, Flank, Shanks, or Neck End), 3 lbs. Onions, $1\frac{1}{2}$ lb. Flour, plain, 1 lb. Carrots.

Method: Remove surplus fat and bone and place Mutton in cooking utensil; cover with Water, adding Pepper and Salt to taste and bring to boil. Add 3 lbs. Chopped Onions and cook for 1 hour, keeping well skimmed. Use 1 lb. of Floating Fat in absence of Butter, and place in Camp Kettle, blending in $1\frac{1}{2}$ lb. of Sifted Plain Flour (making a Roux). Strain the Mutton liquid into Roux, thoroughly mix and bring to boil. Into this place the Mutton, adding Grated Carrots, just before serving.

(59) AMERICAN DRY HASH.

Ingredients: 14 lbs. Preserved Meat, 4 lbs. Onions, 28 lbs. Potatoes, Pepper.

Method: Mince Meat and Onions, peel and cook Potatoes (without Salt), mash some and mix with Meat and Onions, adding Pepper and a small amount of Herbs, if desired. Form into cakes. Place on greased pan, glaze with Egg Wash; bake in oven for 20 to 30 minutes.

(60) BAKED MEAT LOAF.

Ingredients: Preserved Meat, Onions, Tomatoes, Herbs, Seasoning, few Eggs, Soaked Bread.

Method: Mince Beef with Onions, Tomatoes, Herbs, Seasoning, few Eggs, to bind, and well squeezed Soaked Bread. Mince altogether, put portions on floured board or roll to size of long loaf. Put on trays, place a little Fat over these, bake until nice and firm. Take from oven. Cool off a little, then cut in slices. Serve with Onion Gravy.

(61) GALANTINE OF PRESERVED MEAT.

Ingredients: 14 lbs. Preserved Meat, 8 lbs. Biscuits, 6 lbs. Bacon, Herbs, Seasoning, 1 lb. Pickled Gherkins or Walnuts.

Method: Put all through mincer and mix with sufficient Stock to shape into nice roll with pickles. Put whole into greased pudding cloth and boil for 2 hours. Take out and place on board, and place another board or piece of tin on top and a weight. Let stand until cold and set. Remove cloth and serve up in slices.

(62) PRESERVED MEAT CURRY.

Ingredients: 20 lbs. Preserved Meat, 1 lb. Flour or Biscuits, 2 lbs. Cooked Vegetables, $1\frac{1}{2}$ lb. Onions, 6 ozs. Curry Powder, Dripping and Stock.

Method: Cut Preserved Meat and Cooked Vegetables into cubes. Melt Dripping, add sufficient Flour to form a stiff paste, stirring over fire all the time. Fry Onions, add to paste with sufficient stock to make good mixture. Stir well, adding Curry Powder and Seasoning. Divide Meat and Vegetables into dishes and cover with prepared mixture. Place in oven or on stove and reheat.

(63) PRESERVED MEAT FRITTERS.

Ingredients: 28 lbs. Preserved Meat, 4 lbs. Flour, plain, 8 Eggs, 4 pints Milk, and Dripping.

Method: Beat Eggs well, add approximately 3 pints Milk, stir in, then thoroughly mix in Sifted Flour. Add Milk to make a light mixture.

MEAT.

Cut into slices $\frac{1}{2}$ inch thick and dip in batter. Fry in clean hot Fat which must cover whole of Fritters to be cooked. When golden brown colour is attained, serve hot.

(64) IRISH STEW (PRESERVED MEAT).

Ingredients: 20 lbs. Preserved Meat, 6 lbs. Onions, 6 lbs. Carrots, 6 lbs. Swede Turnip, $\frac{1}{2}$ oz. Pepper, Chopped Parsley, Salt to taste.

Method: Cut into $\frac{1}{2}$ -inch dice all Vegetables, and place in container with sufficient Water to cover only. When vegetables are nearly cooked add cut up Potatoes and Pepper, when cooked add lastly Preserved Meat, which has been cut up, and garnish with Parsley. Do not overmix at this stage.

(65) PRESERVED MEAT PIE.

Method: 20 lbs. Preserved Meat, 6 lbs. Cooked Onions, 10 lbs. Cooked Potatoes, 6 lbs. Cooked Peas, place in alternate layers in baking dish. Bake to a golden brown in a moderate oven.

This dish can be covered with layer of minced Cheese and baked to golden brown.

Note.—Preserved Meat may be used for Rissoles or Curry or may be served as Cold Meat.

(66) PRESERVED MEAT RISSOLES.

Ingredients: 20 lbs. Preserved Meat, 2 lbs. Biscuits, $\frac{1}{2}$ oz. Pepper, Salt, 1 lb. Onions.

Method: Boil and chop Onions, mince Preserved Meat, powder the Biscuits, and add with Seasoning to Preserved Meat. Mix well, make into balls, and fry. Serve hot with gravy.

(67) SUPPER PIE.

Ingredients: 20 lbs. Cooked Meat, 3 lbs. Macaroni, 6 lbs. Tomatoes, 2 lbs. Onions, 2 lbs. Biscuit Crumbs, $\frac{1}{2}$ oz. Pepper, 4 ozs. Salt, 1 gallon Stock, $\frac{1}{2}$ oz. Ground Nutmeg.

Method: Mince Cooked Meat and Onions. Cook Macaroni. Place layer of meat, layer of macaroni, and layer of tomatoes, with Biscuit Crumbs, sprinkled over each layer. Add Stock to half-fill dish and cook in medium oven for $\frac{3}{4}$ hour.

MEAT AND VEGETABLE RATIONS FOR 100 MEN.

(68) MEAT AND VEGETABLE PIE, No. 1.

Ingredients: 25 lbs. Meat and Vegetable, $\frac{1}{2}$ gallon Stock, $\frac{1}{2}$ oz. Pepper, 4 lbs. Biscuit Crumbs, 4 lbs. Flour, 3 ozs. Baking Powder, 2 lbs. Clean Dripping, 3 ozs. Salt, 2 Eggs, 2 pints Milk, Chopped Parsley.

Method: Open tins Meat and Vegetable and divide equally in baking dishes. Sprinkle added Pepper and Chopped Parsley over, add 1 quart Stock to each dish.

Paste.—Sieve Flour and Baking Powder together and mix with Biscuit Crumbs, rub in Dripping and dough with Milk and Salt. (This paste should be rather lighter or softer than ordinary short paste.) Cover Meat and glaze with beaten Eggs. Cook for 1 hour until paste is perfectly cooked.

(69) MEAT AND VEGETABLE CROQUETTES (WITH PORK AND BEANS).

Ingredients: 25 lbs. Meat and Vegetable, 6 lbs. Pork and Beans, $3\frac{1}{2}$ lbs. Flour or Biscuits, Seasoning.

Method: Remove Meat and Vegetables and Pork and Beans from tins, take away fat, and pass through mincers. Add Pepper, Salt, and Flour. Mix well together, shape into croquettes, roll in Flour, and fry in hot fat until brown. Serve two to each man.

(70) MEAT AND VEGETABLE CURRY AND RICE.

Ingredients: 30 lbs. Meat and Vegetable, 2 lbs. Sultanas, 4 lbs. Apples, Sauce or Chutney, Curry Powder to taste, 4 lbs. Rice if served without Potatoes.

Method: Place all the ingredients in a container and heat slowly, do not boil. Serve Rice separately.

(71) MEAT AND VEGETABLE PASTIES.

Ingredients: 30 lbs. Meat and Vegetable, Short Pastry (10 lbs. Flour and 3 lbs. Shortening), Seasoning.

Method: As for Cornish Pasties (page 18).

(72) MEAT AND VEGETABLE SAUSAGE ROLLS, SMALL AND LARGE.

Ingredients: 30 lbs. Meat and Vegetable, Short Paste (10 lbs. Flour and 3 lbs. Shortening).

Method: Mince Meat and Vegetable and bind with Wheatmeal, place on strips of Pastry $3\frac{1}{2}$ to 4 inches wide, wet edge and fold over. Egg Wash and bake till golden brown. Large rolls can be made in the same manner.

(73) MEAT AND VEGETABLE PIE, No. 2.

Ingredients: 30 lbs. Meat and Vegetable, Short Paste (6 lbs. Flour and 2 lbs. Shortening). Onions and other Vegetables may be added.

Method: Place ingredients in baking dishes and cover with Short Paste. Egg Wash and bake in moderate oven till golden brown.

(74) MEAT AND VEGETABLE SAVOURY PIE.

Ingredients: 25 lbs. Meat and Vegetable, 4 lbs. Bacon, 3 lbs. Germinated Blue Boiler Peas, minced, 4 30-oz. tins of Tomatoes or Tomato Puree, Seasoning, 8 lbs. Cheese.

Method: Place in layers in baking dishes with Grated Cheese on top. Bake in moderate oven till golden brown.

(75) MEAT AND VEGETABLE DYDON.

Ingredients: Short Pastry (10 lbs. Flour and 3 lbs. Shortening), 20 lbs. Meat and Vegetable, 10 lbs. Beans, 6 lbs. cooked Germinated Blue Boiler Peas, minced, or 6 30-oz. tins of any other Vegetable.

Method: Roll pastry thin as for Baked Jam Roll, spread Minced Meat and Vegetable on paste, then a layer of Minced Beans, Peas, Onions, Carrots, Parsnips, Beetroot or Cabbage. Roll as for Baked Jam Roll and bake in moderate oven till cooked.

This dish may also be steamed or boiled in a cloth. Cut into slices and serve with Brown or Tomato Gravy.

(76) MEAT AND VEGETABLE SEA PIE.

Ingredients: 30 lbs. Meat and Vegetable, a little Stock, Suet Dough (6 lbs. Flour, 2 lbs. Suet).

Method: Place Meat and Vegetable in deep dishes, add a little Stock, and heat well, then cover with Suet Dough and place lid on dish. Steam off in hot oven for approximately 20 minutes.

(77) MEAT AND VEGETABLE LOAF.

Ingredients: 25 lbs. Meat and Vegetable, 4 lbs. Onions, Seasoning, 6 Eggs, Wheatmeal.

Method: Mince Meat and Vegetable and Onions, then add Wheatmeal, Eggs and Seasoning. Roll in Flour in loaf form, place on greased trays and bake in moderate oven until firm, allow to cool slightly, then slice and serve with Meat and Vegetable Gravy.

(78) MEAT AND VEGETABLE CROQUETTES (WITH RICE).

Ingredients: 25 lbs. Meat and Vegetable, 3 lbs. partly cooked Rice, Breadcrumbs.

Method: Mince Meat and Vegetable and mix with Rice, roll in sausage shape, roll in Breadcrumbs, fry in deep Fat till golden brown.

(79) MEAT AND VEGETABLE RISsoles.

Ingredients: 20 lbs. Meat and Vegetable, 4 lbs. Onions, 10 lbs. Beans or 6 lbs. Germinated Blue Boiler Peas.

Method: Mince Meat and Vegetable, add Onion, and bind with Minced Beans or Peas. Shape into Rissoles, dip in Milk, roll in Biscuit or Breadcrumbs, and deep fry till golden brown, if fat is unavailable, grease trays and brown off in moderate oven.

(80) MEAT AND VEGETABLE GRAVY.

Ingredients: 4 lbs. Meat and Vegetable, 1 Gallon Water, Seasoning, and thickening.

Method: Mince or sieve Meat and Vegetable, add to Stock or Water with Seasoning. Boil for 15 minutes and thicken.

(81) MEAT AND VEGETABLE ROMAN PIE.

Ingredients: 30 lbs. Meat and Vegetable, 6 lbs. Macaroni or Spaghetti, 4 30-oz. tins of Tomatoes or Tomato Puree.

Method: Add Cooked Macaroni or Spaghetti to the Meat and Vegetable, place in baking dishes and sprinkle with Breadcrumbs and bake in moderate oven.

(82) MEAT AND VEGETABLE POTATO, BEAN OR BLUE BOILER PEAS PIE.

Ingredients: 25 lbs. Meat and Vegetable, 15 lbs. Beans or 8 lbs. Germinated Blue Boiler Peas.

Method: Place seasoned Meat and Vegetable in baking dish, cover with Mashed Potatoes, Minced Beans, or Minced Peas, Garnish top and bake in moderate oven till golden brown.

(83) TOAD-IN-THE-HOLE MEAT AND VEGETABLE.

Ingredients: As for Croquettes or Yorkshire Pudding.

Method: Place Croquettes in well-greased baking dishes and pour Yorkshire over the Croquettes, bake in moderate oven till golden brown.

(84) MEAT AND VEGETABLE HOT POT.

Ingredients: 30 lbs. Meat and Vegetable, 10 lbs. potatoes (sliced).

Method: Place Meat and Vegetable in baking dishes and cover with the Sliced Potatoes. Bake in moderate oven till Potatoes are nicely browned.

(85) PREPARATION OF BLUE PEAS.

Blue Peas: This most important vegetable item of the War Ration is difficult to use because of its hardness, which is the source of its resistance to deterioration and of its great value to troops in war.

Peas can be used in two ways—

- (i.) After soaking for forty-eight hours or more until germination begins and a small sprout appears;
- (ii.) After soaking overnight and subsequently passing them through a mincing machine.

If method (i.) is used, the peas can be used for any dish in which fresh green peas are utilised.

Using method (ii.) the resultant pea mash, after gentle simmering (not boiling), can be used in making a variety of dishes or as thickening in stews and soups.

Instruction for soaking Blue Peas—

1. For use when minced it is sufficient to cover with water and allow to stand twelve hours.
2. For use as green (fresh) peas, place in a sandbag and immerse in water for twelve hours as above.

Then remove from water and hang up in the shade. Dip bag in water every two hours for forty-eight to sixty hours, when the small, white sprout will be about $\frac{1}{4}$ -inch long. The pea now tastes sweet and is in fact fresh and growing.

A convenient quantity is 7 lbs. per 15- by 24-inch bag (or sand-bag). Remember that moulds grow on wet bags and will spoil the taste of the peas. Therefore, boil all bags before again using them to soak a fresh batch of peas.

Important: When troops cannot be issued with fresh vegetables, 7 lbs. of germinated peas per fifty men suffice to keep men absolutely fit and well.

Appended is a list of recipes for the use of minced peas.

Blue pea water makes an excellent stock for soup. Don't throw it away.

BLUE PEA RECIPES.

Note: All peas must be soaked for at least twelve hours before preparation of these dishes.

(86) SAVOURY OMELETTE.

Ingredients: 2 $\frac{1}{2}$ lbs. Egg Powder, 5 lbs. Blue Peas, 15 pints of Milk, Cheese, Salt, and Pepper.

Method: Add 6 pints of Milk to Egg Powder and let stand for $\frac{1}{2}$ hour, place peas which have been soaked for at least twelve hours through mincer, tie in a cloth as for puddings, plunge into boiling Water (salted), and let simmer for $\frac{1}{2}$ hour, when peas have cooled off add to Eggs, Milk. Beat together. Add remainder of Milk and pour into greased baking dish, cover surface with grated Cheese. Place in a moderate oven until set and nicely browned—time, about 25 minutes.

(87) SAVOURY POTATO PIE—BREAKFAST.

Ingredients: 4 lbs. Peas, 4 lbs. Bacon, 4 lbs. Onions, 8 lbs. Potatoes.

Method: Prepare Peas as for above recipe, place Bacon on bottom of baking dish, add a layer of Onions which have been cut in rings, add another layer of Bacon, then a layer of Peas, and lastly the Potatoes, which have been mashed, place the whole in a moderate oven and cook for about $\frac{3}{4}$ hour.

(88) HOT POT—LUNCH.

Ingredients: 5 lbs. Bacon, 5 lbs. Beef, 5 lbs. Peas, 4 lbs. Onions, 10 lbs. Potatoes, 1 lb. Cheese, Salt, and Pepper, 1 pint of Stock.

Method: Dice Beef and Bacon into cubes about $\frac{1}{2}$ inch square. Cover bottom of baking dish. Add a layer of Onions, then Potatoes, which have been sliced thinly, then Peas. Repeat layers until the dish is full, having Potatoes as the cover, sprinkle over with grated Cheese and place in a moderate oven to cook off; time, about 1 $\frac{1}{2}$ hours.

(89) BACON AND PEA RISSOLES.

Ingredients: 12 lbs. Bacon, 6 lbs. Peas, Seasoning, Breadcrumbs.

Method: Mince Bacon and add to Peas which have been germinated and minced. Roll in browned Breadcrumbs. Place on greased slides and bake till golden brown. Serve with gravy.

(90) BLUE PEA SOUP.

Ingredients: 1 lb. Bacon, 4 lbs. Onions, Sprig of Mint, 6 lbs. Peas.

Method: Chop up Bacon and Onions finely, place in stewpan or boiler, and fry to a nice brown. Add Peas and sufficient Water or clear Stock to cover and let simmer till cooked. Strain the whole through a sieve, season well, repeat, and serve hot.

(91) BEEF CASSEROLE WITH PEAS—LUNCH.

Ingredients: 25 lbs. Beef, 5 lbs. Onions, 5 lbs. Peas, 10 lbs. Potatoes, Salt, and Pepper.

Method: Cut Beef into size required as serves and braise off with Onions. Cut Potatoes into dice 1 inch square and add to Meat, add Peas and sufficient Stock or Water to barely cover. Place in a moderate oven in baking dishes and cover with another dish or oven slide and cook gently for about 1½ hours. (Surplus Sauces and Pickles may be added.)

Blue Peas: Blue Peas may be added to all Stews, Pies, Vegetable salads, etc.

(92) PEAS PUDDING.

Ingredients: 6 lbs. Peas, 1 lb. Bacon, Sprig of Mint.

Method: Soak Peas for 24 hours and run through a mincer with Bacon. Tie up in a cloth as for pudding and plunge into boiling, salted, sweetened Water, add mint, and let simmer gently for about ½ hour. Remove from dish and serve as a Vegetable.

(93) BAKED RICE CUSTARD (WITH EGGS).

Ingredients: 4 lbs. Rice, 3 lbs. Sugar, 4 dozen Eggs, 3 gallons Milk, ½ lb. Butter, Essence, 2 ozs. Salt.

Method: Wash Rice thoroughly then place in boiling, salted Water. Cook 15 minutes. Strain and wash and when drained place in cooking dishes, make custard by beating Eggs well, add Sugar and Milk, and Essence. Pour over the Rice, placing small pieces of Butter all over the top. Cook in moderate oven.

(94) RICE CUSTARD (WITH CUSTARD POWDER).

Ingredients: 4 lbs. Rice, 3 lbs. Sugar, 3 gallons Milk, 2 ozs. Salt, 1½ lb. Custard Powder, Essence, ½ lb. Butter.

Method: Treat Rice as above (No. 93) and prepare Custard as follows: Wet boiler with a little Water before adding the Milk, which should be on boiling point before adding Custard Powder, dissolved in 1 quart of the Milk. Stir in briskly to avoid lumps, then add Sugar, Essence being last. This Custard should only be of a rich cream consistency.

(95) CREME OF RICE.

Ingredients: 4 lbs. Rice, 3 lbs. Sugar, 3 gallons Milk, 2 ozs. Salt, ½ lb. Butter, Essence.

Method: Rice to be well washed, and may be placed uncooked in baking dishes. Add Sugar and Milk, pouring the Butter, melted, on top, and adding Essence, Currants, Sultanas, or Jam may be added. Cook in bottom of oven for approximately 1½ hours.

(96) HOW TO BOIL RICE.

Method: Wash Rice in several Waters, picking out discoloured grains. Place in boilers with at least eight times more Water than Rice. Bring to boil, stirring occasionally to prevent burning. Add Salt to taste. Boil for about 10 minutes and draw fire from underneath. Leave stand until cooked.

Rice is cooked when grains are squeezed between fingers and no hard substance is felt.

Immediately it is cooked, strain off hot water, rinse Rice in cold water and place back in boiler ready for serving.

DO NOT OVERCOOK.

(97) RICE AND PEA CROQUETTES.

Ingredients: 4 lbs. Rice, 6 lbs. Peas, 2 lbs. Onions, 4 lbs. Tomatoes, Seasoning.

Methods: Cook Rice and Peas, chop Onions and Tomatoes, mix all ingredients together, add seasoning and mould into balls. Place in dish and cook in hot oven for three-quarters of an hour.

(98) BAKED SWEET OR ENGLISH POTATOES.

Method: Cut Potatoes in even sizes. Have roasting pan on range or in oven with Fat showing a light blue smoke. Drain Potatoes well before placing in Fat in a very hot oven. Turn to attain even colouring, but avoid breaking Potatoes.

(99) BUBBLE AND SQUEAK.

Ingredients: This is a tasty breakfast dish made from Cold Vegetables left over from the day before. No matter what vegetables are left over mix all together with Pepper and Salt and a little Butter. Place in a baking dish and bake till brown. For preference it should be fried in very little Fat.

(100) CAULIFLOWER AU GRATIN.

Ingredients: Cauliflower, Butter Roux, Cheese, Cayenne.

Method: Clean and prepare Cauliflower, add Salt, and Sugar. Boil in baking dish on top of stove. Grate Cheese and make up Butter Roux. When Cauliflower is cooked, strain off Water and sprinkle with Grated Cheese and Cayenne lightly. Cover with Roux, sprinkle with remainder of Cheese and bake in a moderate oven.

(101) CABBAGE AND GREEN VEGETABLES.

Cabbage, Turnip Tops, Greens should be washed and left in Salt and Water for a short time to drive away any insects. They should then be placed in plenty of Boiling Water, with a little Salt added, and boiled quickly with the container uncovered; this not only helps to preserve their colour, but allows the indigestible part to pass away. As soon as they are cooked they sink to the bottom and should be well strained at once, and kept warm until served. If this is done they become mellow and preserve their flavour.

(102) HASHED BROWN POTATOES.

Method: Cut up Peeled Potatoes in 1-inch squares; place in baking dish, add Salt and Pepper with enough clean melted Dripping to coat Potatoes. Cook in very hot oven until nicely browned. None of the Fat should be removed.

(103) MASHED BEETROOT.

Method: Wash clean and place in Cold Water, bring to the boil and cook till tender. When cooked, remove skin and mash, same as for Mashed Potatoes, adding Butter, Pepper, and Salt. Serve hot.

(104) MEAT AND PEASE PUDDING.

Ingredients: 8 lbs. Blue Peas, 16 lbs. Cooked Meat, 1 oz. Pepper, 4 ozs. Salt, 1 lb. Clean Dripping, 1 lb. Onions, Mint.

Method: Wash Peas and soak for 24 hours, then mince through mincing machine with Meat. Melt Dripping and add with Pepper, Salt, Chopped Onions, and Mint. Mix well. Tie in Pudding Cloths and plunge in Boiling Water for three hours. Serve with Tomato Sauce.

(105) PEAS BOILED.

Ingredients: 6 lbs. Blue Peas, 2 gallons Water, 4 ozs. Salt, 4 ozs. Sugar, Vinegar.

Method: Wash Peas until Water is clear, then soak for 24 hours in COLD Water, adding Sugar and Salt. Then strain Water from Peas and bring to boil, add Peas and bring quickly to boil, pull aside or draw fire to allow simmering for one hour. Sprig of Mint will improve flavour. Also the addition of Butter, Pepper, and Vinegar will make this dish very appetising.

(106) POTATO CROQUETTES.

Ingredients: 10 lbs. Peeled Potatoes, 6 Egg Yolks uncooked, $\frac{1}{2}$ lb. Butter, 4 ozs. Salt, pinch of Nutmeg, ground, and Pepper, clean Fat for frying.

Method: Boil Potatoes and mash free from lumps. Add Egg Yolks, Pepper and Nutmeg, shape into pieces size and shape of cork. Dip into Flour, Egg Wash, and Breadcrumb. Fry in Smoking Hot Fat until golden brown, dish on Bread Crust or paper to absorb Fat. (White of Eggs to be used for Crumbing.)

(107) SARATOGA CHIPS.

Ingredients: 10 lbs. Potatoes, 4 ozs. Salt, Fat for frying.

Method: Peel Potatoes which should be of even size. Cut straight through lengthways $\frac{1}{8}$ inch thick. Drain and dry with cloth. and fry in Smoking Hot Clean Fat. Sprinkle with Salt immediately after draining.

(108) VEGETABLE MARROW.

Ingredients: 20 lbs. Vegetable Marrow, 4 ozs. Salt, 1 lb. Butter, $1\frac{1}{2}$ lb. Plain Flour, $1\frac{1}{2}$ gallon Milk, Chopped Parsley.

Method: Peel Marrow and scrape out seeds with spoon and cut in even sized pieces. Place in slightly salted water until required. Place in cooking container sufficient Water only to cover, add Salt, and when boiling add Marrow and cook briskly for 15 minutes. Serve with Bechamel Sauce and garnish with Chopped Parsley.

(109) VEGETABLE CURRY AND RICE.

Ingredients: 14 lbs. Mixed Root Vegetables (Carrots, Turnips, Parsnips, etc.), 4 lbs. Blue Peas, 3 lbs. Onions, 1 lb. Butter, or Dripping, 6 ozs. Curry Powder, 12 ozs. Plain Flour, 5 lbs. Rice, Salt.

Method: Cut Vegetables into dice ($\frac{1}{2}$ -inch diameter), boil with sufficient Water to cover Vegetables, add Peas which have been soaked for 24 hours; add sufficient Salt to season. Finely chopped Onions and Saute or fry with Butter or Dripping, but do not discolour. To this add Curry Powder and Plain Flour.

Strain off liquid from Vegetables to make sauce; 1 gravy spoonful of Vinegar and 1 tablespoonful of Sugar can be added; mix Curry, etc., with Vegetables and serve with Rice which has been boiled and garnish with Chopped Parsley. The addition of Fruit will improve the flavour.

(110) VEGETABLE PIE, No. 1.

Ingredients: 8 lbs. Onions, 8 lbs. Tomatoes, 4 lb. Cooked Rice, 2 loaves Bread Crumbed, Butter.

Method: Cut up Onions and Tomatoes. Place layer of Onions in bottom of dish, then layer of Rice, layer of Tomatoes, cover with Breadcrumbs—add few small portions of Butter on top. Place in oven, bake for approximately $\frac{1}{2}$ hour.

(111A) VEGETABLE PIE OR RISOLE, No. 2.

Ingredients: 6 lbs. Blue Peas, $\frac{3}{4}$ lb. Grated Cheese, $\frac{3}{4}$ lb. Celery, 6 ozs. Egg Powder, 6 lbs. Whole Pearl Barley, $1\frac{1}{2}$ lb. Onions, $\frac{3}{4}$ lb. Biscuits, Salt, and Pepper.

Method: Soak Barley and Peas overnight, cook, put Peas and Onions through mincer, add Grated Cheese, and other ingredients, and cook in Deep Fat or bake in oven. Flavourings such as Curry Powder, Sauce, Chutney, or Pickles may be used. This will also make an excellent covering for Meat Pie.

(111B) ONION AND TOMATO PIE.

Ingredients: 10 lbs. Onions, 10 lbs. Tomatoes, Breadcrumbs.

Method: This is a very simple and popular dish. Peel 10 lbs. Onions, put into boiling water and leave for 2 to 3 hours; don't cook on fire. Drain, dry, slice, and fry in Butter till lightly browned. Butter a baking dish and fill with alternate layers of Tomatoes and Onions, Seasoning with Salt and Pepper and Breadcrumbs. Finish with a good layer of Breadcrumbs and Cheese which has been passed through the mincer. Bake in oven until top has a nice browned effect.

(112) FISH CAKES.

Ingredients: 14 tins Salmon, 14 ozs. Mashed Potatoes, Pepper, Salt, Breadcrumbs, Egg Wash, Flour, some Chopped Parsley, if procurable.

Method: Remove bone, skin, and liquid from Salmon. Place Salmon, Potatoes, Seasoning into dish, mix thoroughly, adding a little Milk, if necessary, for moisture. Mould into cakes, binding with Flour, dip in Egg Wash, then Breadcrumbs. Fry to a golden brown.

(113) FRIED FISH.

Method: 25 lbs. Cleaned Fish, Flour, Eggs, Milk, Pepper, and Salt.

Make good batter of Flour, Eggs, Milk, and Seasoning. Dust Fish with Flour, dip in Batter, and fry in Boiling Fat to a golden brown. See recipe No. 288.

IF USING BREADCRUMBS—

Beat up Eggs and add little Milk. Cover Fish with Flour, dip in Egg Wash. Cover with Breadcrumbs and fry as above.

(114) SALMON KEDGEREE.

Ingredients: 10 tins Salmon, 5 lbs. Rice, 8 ozs. Butter, 12 Eggs, Nutmeg, Seasoning, 3 ozs. Curry Powder.

Method: Boil Rice and wash. Skin and bone Salmon, chop fine. Hard boil Eggs, separate yolks from whites. Mix chopped Egg whites, Butter, Salmon, Rice, Seasoning. Repeat, mould, and press. When cold, garnish with grated Egg Yolks.

(115) SALMON PIE.

Ingredients: 14 lbs. Salmon, 1 lb. Butter, 1½ lbs. Flour, ½ oz. Pepper, 2 Eggs, 12 lbs. Potatoes, 1 gallon Milk, Chopped Parsley.

Method: Remove bone and skin from Salmon, make a Bechamel Sauce with the Butter, Flour, and Milk and mix with Salmon and Seasoning. Do not break up Salmon more than necessary. Cook and mash Potatoes and cover Salmon. Egg-wash top and bake until golden brown.

(116) SALMON RISsoles.

Ingredients: 14 lbs. Salmon, 5 lbs. Rice, 3 lbs. Biscuits, Seasoning.

Method: Boil off Rice. Open Salmon and turn out on dish. Mix Rice well with Salmon and proceed as for Preserved Meat. (Recipe No. 66.)

(117) BAKED EGGS.

Method: Use White Dripping and Fowler baking dishes, if possible. Break two dozen Eggs into baking dish, using just enough hot fat to cover bottom of dish. Place in a hot oven until the Eggs are just set. Drain off fat and serve from the baking dish. Lightly dust with Pepper and Salt.

(118) POACHED EGGS.

Method: Have water boiling in a shallow receptacle to which has been added a little Vinegar. Break Egg into a cup and pour gently into boiling liquid. Cook until set.

(119) EGGS SCRAMBLED.

Ingredients: 7 dozen Eggs, ½ oz. Pepper, 4 ozs. Salt, ¾ lb. Butter, 1½ gallons Fresh Milk.

Method: Break Eggs into kettle camp oval, add Salt and Pepper. Beat well, then add Milk and Butter. Cover lightly with paper, place lid on and steam in Soyer boiler for one hour before touching. Mix lightly then, and allow to cook, but should not be broken up too much. Should be served on ½ slice toasted bread.

B

(120) POWDERED (DEHYDRATED) EGG.

This commodity (an excellent one if correctly handled) is often misused. Common faults in its handling are—

- (a) Incorrect mixing;
- (b) Too rapid and too long cooking;
- (c) Failure to correctly flavour;
- (d) Failure to keep from contact with the air after opening.

2. The product may develop in processing, and through over long storage or storage in unsuitable conditions, an "off flavour." Similarly, in processing it may develop a darker colour than its normal pale yellow tint. Texture has also been found to vary, being sometimes coarser and drier than the average product.

3. Off flavours may be described as "cheesy," "burnt," or "stale." Even, however, if the powder has developed one or other of these off flavours, which render it unsuitable for scrambled eggs, omelettes, etc., it is still quite suitable for the making of sweets, cakes, and puddings, and the flavour generally can be masked for other purposes by the use of flavouring elements, such as onions, dried herbs, cheese, or bacon.

4. **Storage and Care.**—The matter of storage of the product is of the greatest importance. Always store egg powder in a place as cool as possible, and after a tin has been opened and some of the product remains unused, see that the remainder is, if possible, placed in an airtight receptacle, or at least made as secure from air as possible in its own tin. In contact with air, the life of egg powder is very short indeed.

5. **Reconstitution—**

(a) Sift the egg powder at least 4 times to remove lumps and to aerate. If no sieve available, work any lumps out of the powder with a fork and toss the mixture in the bowl with the fork to aerate. The powder should fall at least 2 feet in the process. It is most important that the powder should be as lump-free as possible before addition of liquid.

(b) Work slowly into the powder enough cool water to form a smooth thick paste (approximately equal parts of water and powder), ensuring that no lumps remain. Work in slowly the remainder of the water called for to reconstitute and stir until a mixture of smooth and even consistency is obtained. If a rotary beater is available, the mixture may with advantage be whipped at this stage for a few minutes.

(c) Allow to stand for at least half an hour (longer if convenient) before using. Remember that egg powder is a dehydrated product, and sufficient soakage of water must be allowed to permit reconditioning.

(d) Stir vigorously with a circular motion or whip again immediately before using.

6. Approximately three-fourths of an egg (76 per cent.) is water, and the amount of water found, in practice, to be necessary to reconstitute the egg powder to the equivalent of fresh egg pulp is $2\frac{1}{2}$ pints (50 ozs.) to 1 lb. of the powdered product. The product so reconstituted is used as the equivalent of a similar weight of fresh egg, roughly, bulk for bulk, egg and water.

7. Recipes based upon the use of dried powdered egg are as follows:—

(121) BAKED RICE CUSTARD.

Ingredients: 4 lbs. Rice, 2 lbs. Sugar, 16 pints Milk, $\frac{1}{2}$ lb. Butter, $1\frac{1}{2}$ lbs. Egg Powder.

Method: Dissolve Egg Powder in little Milk, let stand 1 to 3 hours and proceed as for Rice Custard with Eggs. (Recipe No. 93.)

(122) BAKED BREAD AND BUTTER CUSTARD.

Ingredients: 12 lbs. Bread, 1 lb. Butter, 16 pints Milk, $2\frac{1}{2}$ lbs. Sugar, $1\frac{1}{2}$ lbs. Egg Powder, 3 lbs. Jam or Currants or Sultanas, Essence.

Method: Dissolve Sugar, Egg Powder in little Milk and let stand 1 to 3 hours. Then proceed as for Bread and Butter Custard with Eggs. (Recipe No. 160.)

(123) CUSTARD SAUCE.

Ingredients: $\frac{1}{2}$ lb. Egg Powder, 1 lb. Sugar, 10 pints Milk, Essence.

Method: Mix Egg Powder with Sugar and sufficient Milk to make flowing cream, add Essence to taste. Let rest for 1 to 3 hours. Bring balance of Milk to boiling temperature, add to Egg, stirring briskly. Cook for 10 minutes in double cooker.

(124) FRITTER BATTER.

Ingredients: 8 lbs. Flour, 1 lb. Egg Powder, 2 teaspoonsful Salt, 4 ozs. Baking Powder.

Method: If for sweet Fritters, add 1 lb. Sugar. Dissolve Egg Powder in little Milk, allow to stand 1 to 3 hours, then proceed as for Batter with Eggs.

Excellent for using up Sliced Meat and for Fruit Fritters.

(125) GENERAL USES OF DEHYDRATED EGG POWDER.

Rice Custard, Bread and Butter Custard, &c.—Use $1\frac{1}{2}$ lb. Dehydrated Egg Powder to each 2 gallons Milk, as with Fresh Eggs.

Cake Making.—1 lb. Dehydrated Egg Powder equals 48 Eggs and can be beaten in with Butter and Sugar to cream or may be sifted through the Flour.

Important.—Dehydrated Egg Powder should at all times be sifted, and allowed at least 1 hour after mixing with Milk before cooking.

(126) SCRAMBLED EGGS.

Ingredients: 3 lbs. Egg Powder, $2\frac{1}{2}$ gallons Milk, $\frac{1}{2}$ lb. Butter, $\frac{1}{2}$ oz. Pepper, 4 ozs. Salt. Chopped Parsley or Minced Bacon improves flavour.

(127) ROCK CAKES (EGG POWDER OR FRESH EGGS).

Ingredients: 6 lbs. Flour, S.R., $1\frac{1}{2}$ lb. Sugar, $1\frac{1}{4}$ lb. Butter, 6 Eggs or 2 ozs. Egg Powder, 1 lb. Currants, or Sultanas, 3 pints Milk.

Method: Make well in centre of Flour and cream Butter and Sugar, adding Eggs, when mixed add Milk and make fairly firm dough. Fruit to be drawn in during dough-making process. Place in small spoonful on greased tray, and bake in moderate oven 10 to 15 minutes.

(128) SCONES (EGG POWDER).

Ingredients: 6 lbs. Flour, S.R., 12 ozs. Butter, 2 ozs. Salt, approximately 3½ pints Milk, 3 ozs. Egg Powder.

Method: Sift Egg Powder into Flour. Make well in centre of Flour, melt Butter and add to Milk, mix lightly. Roll out and cut into desired shape. If SWEET Scones are desired, add 2 ozs. Sugar for every 1 lb. Flour, also Currants, Sultanas, Dates, Cheese or Pumpkin may be added to give variety.

(129) SCRAMBLED EGGS AND BACON.

3½ lbs. Egg Powder, 7½ pints Water, 12 to 15 pints Milk, 4 lbs. finely chopped Bacon, Salt and Pepper to taste.

Method: Reconstitute the Egg in accordance with instructions in paragraphs 5 and 6. Allow to stand. Lightly fry the Bacon and distribute with its liquid Fat into dishes or deep trays, well greasing the trays in the process. Beat Milk and Egg together and Season. Stir into Bacon in each dish. Cook in double boiler or even until well set (¾ hour to 1 hour). Stir immediately before serving.

Variations may be made as follows:—

(130) CHEESE SCRAMBLED EGGS.

Omit Bacon, substitute Grated Cheese, which should be stirred uncooked into the Egg-Milk mixture before putting into dishes. See that dishes are well greased. Cook as before.

(131) SAVOURY SCRAMBLED EGGS.

Same ingredients as Scrambled Eggs. In addition, 3 lbs. Onions finely grated, 1 oz. Mixed Herbs, ½ lb. Dripping or Margarine. Fry grated Onion in Dripping till tender (but not brown, add Herbs, distribute between dishes. Add, stir Seasoned Milk-Egg mixture into Onion and Herbs. Cook as before.

(132) CURRIED SCRAMBLED EGGS.

As in last recipe, but omit Herbs and add Curry Powder to taste.

(133) EGG AND BACON PIE.

Crust—8 lbs. Flour, 2 ozs. Baking Powder, 3 lbs. Shortening, 2 lbs. Grated Cheese, Salt and Pepper, ¾ lb. Egg Powder sifted, 2 pints Water (approximately).

Filling—3½ lbs. Egg Powder, 3¾ quarts Water, 3¾ quarts Milk, 4 lbs. Chopped Bacon, Salt and Pepper.

Method: Short crust, sieve Baking Powder with Flour, rub softened Shortening lightly in, add Egg Powder, mix well, add Grated Cheese and Seasoning, add Cold Water and mix to a stiff dough, more Water can be added if necessary. Turn on a floured board and roll out dough, sufficient to cover bottom of greased baking dishes and half-way up the sides, saving sufficient to cover over. Make Scrambled Egg and Bacon, removing from oven or double boiler before quite set. Allow to cool. Spread cooked mixture in lined dishes. Cover with remaining pastry, brush with Egg Wash and bake in moderate oven ¾ to 1 hour or until pie feels firm to touch.

(134) CHEESE FLAN.

Crust—6 lbs. Flour, 3 lbs. Dripping, 1 oz. Baking Powder, $2\frac{1}{2}$ lbs. Grated Cheese, $\frac{1}{2}$ lb. Egg Powder, $1\frac{1}{4}$ pints Water, Salt and Pepper.

Filling—2 lbs. Chopped Bacon, $3\frac{1}{2}$ lbs. Grated Cheese, $3\frac{1}{2}$ lbs. Egg Powder, 3 quarts Water, $3\frac{3}{4}$ quarts Milk.

Make Filling and Short Crust as in Egg and Bacon Pie, reserving 1 lb. of Grated Cheese from Filling. Roll out pastry (reserving none this time) and cover bottoms and sides of dishes. Prick pastry with fork, cover with Breadcrumbs. Partially cook in moderate oven for 20 minutes. Remove papers and crumbs, pour in Filling, cover with Breadcrumbs mixed with 1 lb. of reserved Cheese, and return to oven till mixture is brown on top pastry cooked and mixture fully set.

(135) GERMAN TOAST.

$1\frac{1}{2}$ lb. Egg Powder, 4 pints Water, 6 pints Milk, Pepper and Salt.

Method: Reconstitute Egg and allow to stand, whip up Milk and Seasoning. Have dish of deep Fat as for frying fish, soft blue smoke arising. Dip $\frac{1}{2}$ thick slices of Bread (very stale Bread is quite suitable for this, but requires slightly longer immersion in Egg-Milk mixture) for a few moments in the mixture. Fry to a golden brown. This can be served as a base for scrambled or fried or poached Eggs, with bacon, with a jam sauce, or with a sprinkling of Sugar lightly mixed pudding Spice.

(136) FRITTERS.

$1\frac{1}{2}$ lb. Egg Powder, 10 lbs. Flour, 3 ozs. Baking Powder, 20 pints Water (approximately), $1\frac{1}{2}$ lb. Dripping or Margarine, Salt to taste (Pepper if used other than Sweet Fritters).

Method: Reconstitute Egg Powder and stir into Flour (well sifted with Baking Powder), continue to stir in Water until the mixture is of the consistency of thick cream, add Seasoning, stir in Margarine or Butter (melted but no hotter than is necessary to completely melt). Drop by large kitchen spoonfuls into deep Fat (boiling as in last recipe) and fry to a golden brown.

For Sweet Fritters, 2 lbs. of Sugar may be added to the above mixture, and Fritters may be served with Jam Sauce, Sugar, with a light mixing of Pudding Spice. Currants, Sultanas, etc., may be added, 2 lbs. of Dried Fruit to the mixture. Pieces of Tinned Fruit may be mixed and the Fruit fried in the Fritter mixture. In such case, substitute Fruit Liquor for similar quantity of Water in making the mixture and reduce Sugar accordingly.

Slices of Cold Meat or finely cut up Cold Meat may be dropped and stirred into the mixture before frying. Similarly Tinned Fish. In fact, the variety of dishes that may be evolved is only limited by supplies on hand, and the ingenuity of the cook.

(137) GERMAN GRATED CAKES.

3 lbs. Powdered Egg, 15 lbs. Potatoes (when peeled), 7 lbs. Onions (when peeled), Salt, Pepper.

Reconstitute Egg. Grate finely (or pass through coarse mincer) the Potatoes and Onions. Stir reconstituted Egg and Seasoning into mixture, and fry by kitchen spoonfuls in shallow ($\frac{1}{2}$ inch) Boiling Fat. Turn with lift when fried on one side and fry other side to golden brown. Drain and serve with Bacon.

(138) BAKED CUSTARD (BASIC MIXTURE).

1½ gallon Milk, 1 lb. Egg Powder, 6 ozs. Cornflour, 1½ lb. Sugar, 2½ pints Water.

Reconstitute Egg, heat Milk to boiling point. Blend Egg mixture, Sugar, and Cornflour smoothly together. A rotary beater may here be used with advantage. Beat Milk into Egg and Sugar mixture, then flow into greased dishes in which your Dried Fruit, Cooked Rice, Cooked Vermicelli or Macaroni (as the case may be) has been apportioned. Bake in moderate oven until set.

(139) CUSTARD SAUCE.

1 lb. Egg Powder, 1 lb. Sugar, Essence to flavour, 7½ pints Milk, 2½ pints Water.

Reconstitute Egg Powder, beat into it the Sugar and Essence, stir in carefully Milk brought to boiling point. Withdraw to side of range and continue stirring till mixture thickens. Do not allow under any consideration to boil, or the custard will "break"—i.e., curdle.

(140) BUCK RAREBIT.

4 lbs. Grated Cheese, 3 lbs. Egg Powder, 8 pints Water, ½ cupful Worcestershire Sauce, ½ cupful Vinegar, Salt and Pepper to taste.

Reconstitute Egg Powder with Water. Blend Grated Cheese, Sauce, Vinegar, and Seasoning into this mixture and cook till of a firm consistency, stirring the while and taking care mixture does not burn. Spread to depth of $\frac{1}{2}$ inch on squares of Fried Bread or German Toast, and brown off in oven.

(141) CHEESE, RICE AND EGG SAVOURY.

Ingredients: Rice 5 lbs., Cheese 4 lbs., Water 3½ gallons, Egg Powder 3 lbs., Salt and Pepper to taste.

Method: Bring Water to boil, add cleaned Rice, and boil for 15 minutes. Remove from fire but do not strain. Add grated Cheese, sift in Egg Powder, add Seasoning and mix well. Place in greased baking dishes and bake 15 to 20 minutes in moderate oven.

Bacon, Onion, and Tomatoes, chopped finely, can be added if desired.

(142) SAVOURY CROQUETTES.

Ingredients: Prepare and cook as for No. 141. Allow to cool, mould into sausage-shaped croquettes, roll in Flour, dip in a light Batter, roll in Breadcrumbs, and fry in very hot Fat to golden brown.

(143) SAVOURY RISSOLES.

Ingredients: Prepare and cook as for No. 141. Allow to cool, add finely chopped Onion, Parsley, and Cold Meats (chopped) on hand, form into rissoles $\frac{3}{4}$ inch thick, roll in Flour, and fry in very hot Fat to golden brown.

Above three dishes served with Bacon are excellent for breakfast.

(144) SCRAMBLED EGGS.

Ingredients: Egg Powder $3\frac{1}{2}$ lbs., Milk or Water $2\frac{1}{2}$ gallons, Butter 1 lb., Salt and Pepper to taste.

Method: Sift Egg Powder in Milk or Water, mix and let soak for $\frac{1}{2}$ hour. Stir in Salt, Pepper and melted Butter. Divide mixture into 2 or 3 dummies, cover, and place in double oven steamer until nearly hard, whisk and scramble.

Finely chopped Onions, Parsley, Tomatoes, Cheese, or Curry Powder added will improve this dish.

If Wiles Cooker is available mixture can be placed in container and cooked with steam stick.

(145) FRENCH OMELETTE.

Ingredients: Egg Powder 4 lbs., Milk or Water 2 gallons, Salt and Pepper to taste.

Method: Stir Egg Powder into Milk or Water, let stand for $\frac{1}{2}$ hour, and Season to taste. Fry in omelette pan in usual way.

Savoury Omelettes can be made from above mixture by addition of Ham, Bacon, Cheese, Onions, Tomatoes, Parsley, etc.

(146) SPANISH OMELETTE.

Ingredients: Egg Powder 4 lbs., cold Water $4\frac{1}{2}$ pints, Milk $2\frac{1}{2}$ gallons, Onions 3 lbs., Tomatoes 4 lbs., Seasoning.

Method: Soak Egg Powder in the cold Water for $\frac{1}{2}$ hour, then add cold Milk. Add Seasoning, stir well, place in dishes and bake as a custard.

Fry Onions when nearly cooked, add Tomatoes and Season, then pour over already baked Omelette and garnish with chopped Parsley.

(147) PUMPKIN OR CARROT EGG SAVOURY.

Ingredients: 4 lbs. of Egg Powder, $4\frac{1}{2}$ pints of cold Water, $2\frac{1}{2}$ gallons Milk or Water, 6 lbs. cooked mashed Pumpkin or Carrot, Salt and Pepper.

Method: Soak Egg Powder in the $4\frac{1}{2}$ pints cold Water for half an hour, then mix this into the cold Milk or Water ($2\frac{1}{2}$ gallons). Add Seasoning to taste. Stir in the mashed Pumpkin or Carrot and bake as a custard. Garnish with chopped Parsley.

(148) YORKSHIRE PUDDING.

Ingredients: $1\frac{1}{2}$ gallons of Milk or half Milk and Water, 5 lbs. Flour, 12 ozs. Egg Powder, Salt and Pepper.

Method: Soak Egg Powder in $1\frac{1}{2}$ pints of cold Water for $\frac{1}{2}$ hour. Mix the Flour and Milk into Batter, add Salt and Pepper to taste; stir well, let stand for $\frac{1}{2}$ hour. Put 2 heaped kitchen spoons of dripping in a baking dish and make very hot, pour in the Batter to a depth of $1\frac{1}{2}$ inch. Bake in a hot oven until well browned.

(149) "TOAD IN THE HOLE."

Ingredients: $2\frac{1}{2}$ gallons Milk or half Milk and Water, $7\frac{1}{2}$ lbs. Flour, 18 ozs. Egg Powder, Salt and Pepper, Sausages or other cooked Meats.

Method: Soak Egg Powder in $1\frac{1}{2}$ pints of cold Water for $\frac{1}{2}$ hour. Mix the Milk and Flour into a Batter, and Salt and Pepper to taste, stir well, let stand for $\frac{1}{2}$ hour.

Fry Sausages, put them in a baking dish with two heaped kitchen spoons of Fat (hot), add the Batter to cover Sausages, and bake in a hot oven until nicely browned.

Serve with Gravy.

Small pieces of any cooked Meats may be used in lieu of Sausages.

(150) CHEESE TART.

Ingredients: 7 lbs. Pastry, 6 lbs. Cheese, $2\frac{1}{2}$ gallons Milk, $3\frac{1}{2}$ lbs. Egg Powder, 3 lbs. Onions, 3 lbs. Bacon, Salt and Pepper.

Method: Soak the Egg Powder in 4 pints of cold Water for $\frac{1}{2}$ hour. Line baking dishes with Pastry (as for Custard Tart).

Grate or cube Cheese and place on top of Pastry.

Fry Onions and Bacon (finely chopped), add to Cheese. Add soaked Egg Powder to Milk with Salt and Pepper, stir well, pour over Cheese, etc., and bake in a moderate oven until set.

Note.—This dish can be served as an entree. The Bacon and Onions can be omitted if not on hand.

(151) STEAMED PUDDING.

Ingredients: 4 lbs. Breadcrumbs, 8 lbs. Flour, 8 ozs. Baking Powder, 8 ozs. Egg Powder, 3 lbs. Dried Fruit, $2\frac{1}{2}$ lbs. Butter or Dripping, Milk, $2\frac{1}{2}$ lbs. Sugar.

Method: Dissolve Egg Powder in little Milk. Sieve Baking Powder into Flour and mix well. Rub Butter into Flour, add Breadcrumbs, Fruit and Sugar and mix well, then add Egg and Milk to give the required consistency. Steam for $2\frac{1}{2}$ to 3 hours.

Steamed Pudding (Hint).

To enrich Steamed Pudding Mixture, sift into Flour 1 oz. Dehydrated Egg Powder for every Egg desired. 3 to 6 ozs. could be used for every 1 lb. of Flour (see Foundation Mixture).

(152) FLAKY PASTRY.

Ingredients: 6 lbs. Flour, plain, $4\frac{1}{2}$ lbs. Beef Suet, 2 ozs. Salt, teaspoonful Cream of Tartar or Juice of Lemon.

Method: Free Suet from skin and mince through a fine plate twice, mix this into a paste and allow to set. Then make good tough dough with Flour and Lemon Juice, same consistency as Suet. Roll out dough and spread Suet on and give one complete or two half-turns, by folding over both ends and rolling in opposite direction. Allow 15 or 20 minutes between turns, giving 6 by $\frac{1}{2}$ turns to complete. Leave 15 minutes after cutting out before cooking.

(153) PUFF PASTRY.

Ingredients: 6 lbs. Flour, plain, 6 lbs. Margarine (pastry), 3 pints (approximate) cold Water, Juice of Lemon.

Method: Make the Margarine to the same consistency as the dough and proceed as for Flaky Pastry.

(154) PASTRY WITHOUT BAKING POWDER.

Ingredients: 7 lbs. Flour, 2½ lbs. Dripping, 1½ ozs. Salt, 2 pints Water.

Method: Sift Flour, make well in centre. Have Dripping melted and hot, dough up with Water boiling. Should be rolled thin. Good paste for meat pies or pasties.

(155) SCONES.

Ingredients: 8 lbs. Flour, 8 ozs. Baking Powder, 1 oz. Salt, 1 lb. Butter, 4½ pints Milk to mix. If for Sweet Scones add 1 lb. Sugar.

Method: Mix Salt into Flour, melt Butter and beat Egg. Add Egg and melted Butter to Milk. Mix lightly and roll and cut. Egg-wash and place on cool floured shelf. Cook in hot oven for eight minutes.

For Cheese Scones add grated Cheese (matured). For Date and Sultana Scones, add Dates or Sultanas and Sugar.

(156) SHORT CRUST.

Ingredients: 3 lbs. Plain Flour, 3 lbs. S.R. Flour, and Water to mix, 2½ lbs. Dripping, Salt.

Method: Mix both Flours and Salt together, and rub in Dripping until Flour resembles Breadcrumbs. Then add water to form dough.

(157) SWEET PASTRY.

Ingredients: 3 lbs. Butter, 6 lbs. Flour, 1½ lbs. Sugar, Essence of Lemon, 6 Eggs.

Method: Rub Butter into Flour. Beat Eggs, Sugar and Essence together and add to Flour and Butter and grind well. Scrape up, dust with Flour, roll out to desired shapes. Cook in moderate hot oven. Suitable for jam or custard tarts. If so, cook Custard first and add Flour if Egg Custard.

(158) APRICOT PIE.

Ingredients: 8 lbs. Apricots, 4½ lbs. Flour, plain, 1½ lbs. Fine Biscuit Crumbs, 2½ ozs. Baking Powder, 2¼ lbs. Dripping or Butter, 4 lbs. Sugar, Milk to mix.

Method: Pastry—Sift Flour and Baking Powder, add Biscuit Crumbs, then rub in Dripping or Butter. Make a bay in centre into which place 1½ lb. Sugar and add Milk to moisten; well mix and roll out a short paste.

Fruit—Wash and soak for 24 hours. Drain off Water into cooking container and add 2½ lbs. Sugar. Bring to boil and pour syrup over fruit immediately.

Place fruit in dish, cover with pastry, sealing down well and bake in moderate oven.

(159) APPLE CHARLOTTE.

Method: Prepare pack Apples as for Apple Pie. Place layer of Apples on bottom of dish. Sprinkle heavily with Biscuit Crumbs, add spice or grated nutmeg, little Sugar and small pieces of Butter. Repeat until dish is full, the last layer being crumbs. Bake in oven until a golden brown.

(160) BREAD AND BUTTER CUSTARD, WITH EGGS.

Ingredients: Stale Bread, Sultanas, Currants, Essence, Butter, Sugar, Milk, and Eggs.

Method: Cut Bread to desired shape, Butter, and place in baking dish at angle to suit serving. Sprinkle Currants and Sultanas on top. Make up Custard, sweeten and flavour. Pour Custard gently over Bread and Butter half hour before cooking. Sprinkle with nutmeg and bake to a golden brown in a moderate oven.

Note: Can be made with Custard Powder.

(161) BREAD AND BUTTER CUSTARD (WITH CUSTARD POWDER).

Ingredients: Custard is made in similar manner as recommended in Rice Custard, Bread with Fruit or Jam taking place of Rice.

(162) BAKED FRUIT ROLL.

Method: Pastry—Same as for Apricot Pie. Any surplus Dried Fruits may be used for this mixture. Well wash Currants, Sultanas, and Raisins, add Lemon Peel. Mix in Sugar to taste and add half quantity of Fruit Juice or Water. Slightly thicken with Biscuit Crumbs and season with Mixed Spice.

Place this mixture on pastry, roll into shape and bake in a quick oven. Before serving, glaze on top and sprinkle Sugar over whole.

(163) BAKED CUSTARD (EGG).

Ingredients: 3 gallons Milk, 5 dozen Eggs, 4 lbs. Sugar, Essence, 2 ozs. Salt.

Method: Beat Eggs well and thoroughly with Sugar until creamy thickness. Add Milk and Essence, and bake in moderate oven (must not boil); by placing actual baking dish in larger dish containing water, this will be avoided.

(164) BAKED JAM ROLL.

Ingredients: Flour, S.R., 5 lbs., Flour, plain, 5 lbs., Dripping 4½ lbs., Sugar, 2lbs., Jam 6 lbs. Use plum or raspberry jam, pinch of Salt.

Method: Mix S.R. and plain Flour well. Mix all dry ingredients, add Dripping and Water to mix. Mix to a stiff dough and roll out to about ½-inch thick and cut to a size to suit dish. Spread with Jam and roll. Place in a dish and paint the top with Milk. Bake till cooked.

(165) BAKED APPLE DUMPLINGS AND APPLE SAUCE.

Method: Peel and core Apples, make a No. 1 Short Paste, roll out thin, cut in squares to cover Apple. Place Apple in centre of the square. Fill Apple, when the core has been removed, with Sugar. Place a little Butter on the top. Wet the edges of paste and fold paste around apple. Place on trays and bake for one hour in moderate oven.

Apple Sauce: Place apple peelings and cores in a saucepan, and boil for two hours in Water. Strain off and put liquid back on fire. Add Sugar to taste and thicken to a sauce consistency with cornflour, and serve with dumplings.

(166) BAKED BISCUIT PUDDING AND SWEET ROUX.

Ingredients: 16 packets Army Biscuits, 2 tins Plum Jam, 2 lbs. Sugar, 3 lbs. Mixed Fruit, 2 lbs. Butter, 2 lbs. Flour, 1 gallon Warm Milk, Essence.

Method: Soak Biscuits overnight, squeeze Water out, place in dish. Add Jam, Sugar, Fruit, Essence and mix thoroughly. Three parts fill Fowler dishes and bake until set.

Make a Roux as follows:—Place Butter in dixie, when melted, sieve Flour and stir well, cook for few minutes, adding Milk a little at a time. Add Sugar. Place on top of baked pudding. Sprinkle with Cocoanut and serve.

(167) BAKEWELL PUDDING.

Ingredients: Short Pastry, Jam, Madeira Cake Mixture.

Method: Line baking dish with sweetened Short Paste, spread jam over paste. Make Madeira Cake Mixture and fill dish. Bake in medium oven for 50 minutes. Take out and serve with rich custard sauce.

(168) FRUIT SLICE.

Ingredients: 8 lbs. S.R. Flour, 3 lbs. Dripping, 2 lbs. Sugar, Salt, 3 lbs. Currants, 2 lbs. Sultanas, 1 lb. Syrup, $\frac{1}{2}$ lb. Cornflour.

Method: Make short pastry, place Fruit and Syrup in utensil, just cover with Water, simmer for 1 hour, thicken with Cornflour, place sheet of pastry on oven tray, cover with fruit mixture, place sheet of pastry on top of mixture. Press edges together all round. Place in hot oven, bake for $\frac{1}{2}$ hour or until golden brown.

(169) MADEIRA APPLE SPONGE.

Ingredients: 12 lbs. Stewed Apples, $1\frac{1}{4}$ lb. Butter, $1\frac{1}{4}$ lb. Sugar, 15 Eggs, $2\frac{1}{2}$ lbs. S.R. Flour, $\frac{1}{2}$ pint Milk.

Method: Spread Apples in baking dish, then cream Butter and Sugar, add Eggs slowly and beat well, then add Milk and mix in Flour lightly, spread mixture on top of fruit and bake in a moderate oven, serve with caramel or vanilla sauce.

(170) MADEIRA CAKE MIXTURE.

Ingredients: 4 lbs. S.R. Flour, 2 lbs. Butter or Dripping, 2 lb. Sugar, Vanilla Essence, pinch of Salt, 3 pints of Milk, 1 dozen Eggs.

Method: Cream Sugar and Butter together till smooth, break in Eggs, three at a time and cream until very smooth. Add milk, then flour. Mix to smooth consistency.

(171) SYRUP ROLL (BAKED).

Ingredients: 8 lbs. Flour, plain, 3 ozs. Baking Powder, 1 lb. Sugar, 2 lbs. Clean Dripping, 4 pints Milk, 2 oz. Salt, 1 lb. Biscuit or Breadcrumbs, 2 Eggs, 6 lbs. Golden Syrup.

Method: Rub Dripping into Flour and Baking Powder, add Sugar and Salt. Make fairly firm paste with Milk, now mix Breadcrumbs with Syrup, and proceed as in Jam Roll; use Eggs for glaze and wetting edges of paste before rolling.

(172) APPLE AND CURRANT ROLY POLY.

Ingredients: 6 lbs. Pulp Apple, 3 lbs. Currants, 2 lbs. Sugar, 1 dozen Cloves, 10 lbs. Flour, 5 ozs. Baking Powder, 4 lbs. Suet, and a dessertspoonful of Salt.

Method: Make a light dough, roll out to $\frac{1}{2}$ inch. Mix Apple and Currants, Sugar and Cloves. Spread Apple Mixture $\frac{1}{4}$ -inch thickness, leaving 2-inch border of dough clear. Roll into rolls, press in edges. Flour cloth, tie tightly and boil for 4 hours. Make up a good custard and serve over finished dish.

(173) BISCUIT SUET PUDDING.

Ingredients: 16 lbs. Biscuits, 4 lbs. Suet or Dripping, 1 oz. Salt, 4 lbs. Sugar.

Method: Powder or soak the Biscuit, add Salt, Chopped Suet, or Dripping. Mix well. Add sufficient Water to make into fairly stiff dough. Tie in prepared cloths and boil for $2\frac{1}{2}$ hours. Serve hot with Jam or Marmalade.

Note: This mixture can be used for Jam Roll.

(174) FRUIT AND BISCUIT PUDDING.

Ingredients: As for Suet Pudding, with addition of Dried Fruit.

Method: Thoroughly clean and cut the fruit into small pieces and proceed as above.

(175) BOILED EGG CUSTARD.

Ingredients.—1 gallon Milk, $1\frac{1}{2}$ lb. Sugar, 12 Eggs, Essence.

Method: Bring Milk to boil, separate whites from yolks of Eggs. Beat yolks well and add Sugar, again beat well, sugar and yolks, beat whites until stiff. Pour boiling Milk on yolks and sugar, stirring vigorously. Place in double boiler or in dish containing Boiling Water to cook yolks. When cooked, add beaten whites to custard. Essence, if used, should be added when cooking is completed.

(176) CUSTARD, BOILED (Using Custard Powder).

Ingredients: Custard Powder, $1\frac{1}{2}$ lb., Milk $3\frac{1}{2}$ gallons.

Method: Bring Milk to boil. Mix Custard Powder to a paste but do not use too much Water. Add to Milk, then add Sugar. Boil until thick.

USING EGGS.

Method: Use Eggs at the rate of $1\frac{1}{2}$ to each pint of Milk. Bring Milk to boil. Beat up Eggs well in a container. Pour Milk on Eggs (**never pour Eggs into Milk**). Add Sugar and a little Vanilla to flavour.

(177) DRIED FRUIT STEWED.

Ingredients: 9 lbs. Dried Fruit, Apricots, Peaches, Pears, &c., 3 lbs. Sugar.

Method: All Dried Fruit to be well washed, then soaked for 24 hours in cold Water, sufficient Water must be used to allow for absorption, and keep the fruit covered.

Strain Water from Fruit into a container and add Sugar, bring to boil and pour over Fruit, which seldom requires further cooking.

(178) ISLE OF WIGHT PUDDING.

Ingredients: Flour 8 lbs., Breadcrumbs 2 lbs., Suet 3 lbs., Syrup 4 lbs., Currants 3 lbs., Baking Powder 4 ozs.

Method: Place the Flour, Salt, and Baking Powder into a bowl and aerate, mix in Suet and add sufficient Water, and mix into a stiff paste. Put the remaining ingredients into a mixing bowl and mix into a pulp. Then cut the pastry in portions required, roll out to size and place a layer of the pulp evenly over the surface of the pastry. Roll neatly from top to bottom, seal the edges, then tie in pudding cloths or put into steaming tins and boil or steam for 2 to 2½ hours.

A Sweet White Sauce may be served with this pudding.

(179) BOILED OR STEAMED JAM ROLL.

Ingredients: 8 lbs. Flour, S.R., 3 lbs. Minced Suet, 3 ozs. Salt, 3 pints Milk, 4 lbs. Jam or Fruit, 2 lbs. Breadcrumbs.

Method: Sift Flour and mix in Minced Suet and Salt. Make into a dough with Milk. Roll into required size, spread with Jam. Roll up in well-greased paper before putting in cloth, which will prevent pudding sticking to cloth. Put into water which is boiling, and must be kept boiling for duration of cooking. approximately 2 hours. Serve with Vanilla, Cornflour, Custard, or Fruit Sauce.

(180) STEAMED MARGUERITE PUDDING.

Ingredients: 8 lbs. Flour, 2½ lbs. Dripping, 1 lb. Sugar, 6 Eggs, Salt, 6 lbs. Jam, 2 lbs. Breadcrumbs.

Method: Cream Sugar, Dripping and Eggs. Fold Flour into mixture. add sufficient Milk or Water to make loose dough. Line utensil with Jam. Pour in mixture to a little over half way. Steam for 3 hours approximately. Heat up remainder of Jam. Turn out pudding, pour over hot Jam. Serve with White or Custard Sauce.

(181) ORANGE PUDDING AND ORANGE SAUCE.

Ingredients: 10 lbs. Flour, 8 ozs. Baking Powder, 2½ lbs. Butter, 3½ lbs. Sugar, 12 Eggs, 10 large Oranges, Milk.

Method: Sieve Flour and Baking Powder. Cream Butter and Sugar. add Eggs two at a time, add grated peel of Oranges. Draw Flour in and mix with Milk to a cake consistency. Place into prune tins and steam for 2½ hours.

ORANGE SAUCE.

Place on fire 2 gallons of Water, 3 lbs. Golden Syrup. Bring to boil, thicken with Cornflour, squeeze juice from the Oranges and strain into sauce. Add a little Egg Powder. Serve hot.

(182) PATRIOTIC PUDDING.

Ingredients: 10 lbs. Flour, 2½ lbs. Sugar, 2½ lbs. Butter, Milk to mix 8 ozs. Baking Powder, 2 lbs. Golden Syrup, 18 Eggs, pinch of Salt.

Method: Rub Butter into Flour mixed with Baking Powder and Salt. Beat Eggs and Sugar together, mix in Flour and Milk sufficient to form mixture. Place in tins which have been garnished with Golden Syrup. Cover with greased paper and steam for two hours.

(183) PLUM PUDDING, No. 1.

Ingredients: 5 lbs. Flour, plain, 5 lbs. Biscuit Crumbs, $7\frac{1}{2}$ ozs. Baking Powder, $3\frac{3}{4}$ lbs. minced or chopped Suet or $2\frac{1}{2}$ lbs. Dripping, $2\frac{1}{2}$ lbs. Sugar, 3 ozs. Salt, 7 pints Milk, and approximately 7 lbs. Dried Fruits, 4 ozs. Spice, mixed.

Method: Mix all dried ingredients well into Flour and Biscuit Crumbs. Add Milk, but make mixture softer in texture than if using Flour alone. Eggs may be added, if desired.

Break into four portions and place in greased tins or floured cloths. Steam or boil 3 to 4 hours. If cooked in larger quantities more time must be allowed for cooking.

(184) PLUM PUDDING, No. 2.

Ingredients: 8 lbs. Flour, 6 lbs. Biscuit Crumbs, 2 lbs. Ground Carrot, 3 lbs. Sultanas, 3 lbs. Seeded Raisins, 2 lbs. Lemon Peel, 6 lbs. Chopped Suet or 4 lbs. Dripping, 3 lbs. Sugar, 2 dozen Eggs, 10 oz. Baking Powder, 3 packets Spice, 3 lbs. Butter, Blackjack, Cold Tea, Milk.

Method: Mix all dry ingredients. Beat Butter and Sugar together, add Eggs, one at a time, and mix into dough. Boil or steam 3 to 4 hours.

(185) RAISIN PUDDING.

Ingredients: 10 lbs. Flour, $2\frac{1}{2}$ lbs. Dripping, 8 lbs. Raisins, $2\frac{1}{2}$ lbs. Sugar, Lemon Peel, Salt.

Method: Mix all dry ingredients together and rub Dripping into mixture, add Water and mix to thick consistency. Prepare cloths or tins and boil or steam 3 to 5 hours. Serve with lemon sauce.

(186) STEAM PUDDING FOUNDATION MIXTURE.

Ingredients: 6 lbs. Flour, 8 ozs. Baking Powder, 4 lbs. Biscuit Crumbs, 4 lbs. Minced Suet or $2\frac{1}{2}$ lbs. Dripping, $2\frac{1}{2}$ lbs. Sugar, 2 ozs. Salt, 6 pints Milk (approximately).

Method: Mix all dry ingredients well in Flour and Biscuit Crumbs, add Milk, make mixture softer in texture than if using Flour alone.

(187) SUET DOUGH.

Ingredients: 6 lbs. Flour, 4 lbs. Chopped Suet, 4 lbs. Breadcrumbs, 12 ozs. Baking Powder, 2 ozs. Salt, Water to mix.

Method: Mix lightly together to make up dough. This dough can be used for any boiled puddings.

(188) STEAMED SULTANA PUDDING.

Ingredients: 8 lbs. Flour, 4 lbs. Army Biscuits, 8 ozs. Baking Powder, 4 lbs. Dripping, Milk, 3 lbs. Sugar, Suet, 4 lbs. Sultanas, Cold Tea for colouring, 24 Eggs, Essence.

Method: Cream Dripping and Sugar thoroughly. Add Eggs one at a time and beat well. Mix Flour, Baking Powder and Salt, and Sultanas well. Add Colouring, Essence, and Milk, if required.

Place in greased tins or bowls. Cover with greased paper, steam for 3 hours. Serve with Lemon Sauce.

(189) BUTTER ROUX—WHITE SAUCE.

Method: Place Butter in pot, scald but do not brown. Stir in Flour and allow to thicken until the paste leaves the side of pot without adhering—then add Milk gradually and cook 5 minutes.

Add Salt and Parsley for Parsley Sauce.

Add Salt and Onions for Onion Sauce.

Add Salt and Capers for Caper Sauce.

Add Sugar and Vanilla for puddings.

By the addition of Salt it is suitable for cauliflower or celery. It is also a suitable base for sauces mentioned below.

May also be made as follows:—Place Milk in pan and heat, add Butter. Then stir in Flour which has been mixed to a paste.

(190) CUSTARD SAUCES FOR SWEETS.

Ingredients: 2 gallons Milk, $1\frac{1}{2}$ lbs. Custard Powder, 1 lb. Sugar, Essence.

Method: Place Milk in container, which should previously be wet, and bring to boil, add Custard Powder, which should first be mixed into a liquid creamy paste with Water, and free from lumps. Stirring vigorously to attain smooth texture, add Sugar and cook for 5 minutes. Add Essence after cooking process is finished to avoid evaporation.

Same quantities may be used for Cornflour Sauce, and Jam or Colouring could be added for variety.

(191) JAM OR SYRUP SAUCE.

Ingredients: 2 gallons Water, 6 lbs. Syrup, $1\frac{1}{2}$ lb. Cornflour or Arrow-root.

Method: Bring Water to boil, add Syrup, then when again boiling add Cornflour which has been made into a creamy liquid paste.

This is a good Sauce for all kinds of Sweet Roll and Steam Puddings.

(192) SAUCES.

Espagnol: Same method as for Brown Soup, but with extra Flour for consistency.

Bechamel: Recognised as the basis of all white sauces, and can be used for Supremes, Fricassies, Oyster, Parsley, Crecy, Caper, Onion, Celery, and with the addition of Sugar and Flavours may be used as a sweet sauce for puddings.

Method is melt 1 lb. Butter or 1 lb. White Dripping, without discolouring, and thoroughly blend in 2 lbs. Sifted Flour, Plain. Add Boiling Milk and whisk until smooth, adding Pepper and Salt (or Sugar for sweets), and boil for 10 minutes.

Spanish: With equal parts of Diced Tomatoes, Onions, and Celery, add a piece of Butter, 1 Bay Leaf, 2 Cloves, and cover with a good Stock. Cook for 1 hour slightly thickening with Cornflour. Serve with Bacon, Rissoles, Steaks, or Chops.

Mint: Wash Mint and chop very finely. Place in container with half the desired quantity of Water and add 6 ozs. Sugar to 1 pint of Water—including Vinegar. Bring to boil and add remainder of Water with proportion of Vinegar. Serve cold.

Tartare: Make Bechamel Sauce as shown. Take quarter of this quantity of fine chopped Pickles and Parsley, and add 1 tablespoon of Mixed Custard and 2 Egg Yolks well beaten—mix well together and add more vinegar to taste.

Piquante: Chop very finely some Pickles, Onions, Capers (if any), and Parsley, and add to a rich brown Sauce (approximately one-third pint of chopped ingredients to one quart Sauce).

(193) PORTAGAISE SAUCE FOR RISSOLES.

Ingredients: 4 lbs. Onion, 8 lbs. Tomatoes, 1 lb. Bacon, 2 lbs. Rice.

Method: Dice Bacon, cut Onion in $\frac{1}{2}$ -inch cubes, skin and cut up Tomatoes, cover ingredients with good Stock, cook for 45 minutes, add Rice which should absorb most of the liquid. Use no Flour for thickening.

(194) GRAVY FOR ROAST BEEF, MUTTON OR PORK.

Cooks should attach equal importance to the preparation of Gravies for Beef, Mutton, and Pork, as to the roasting of these meats, as the correct treatment of the exuded meat juices will add to the palatability and nutritive value of the meal.

The correct sealing of the meats before roasting should receive careful attention, so that the cooking process will allow only the minimum quantity of juices to escape. See that burning of the juices is avoided, as burnt gravy tastes bitter and spoils the flavour of the meat.

Method: Use approximately $\frac{1}{2}$ lb. Flour, plain, for 100 men. Pour surplus fat from roasting pan, leaving sufficient for blending with flour. Add 1 dessertspoonful of Sugar, Pepper, and Salt to taste, and add Stock or liquid from cooked root vegetables. Cook in oven or on top of stove till nut brown colour is attained, say 10 minutes. Serve boiling hot.

(195) CLEAR SOUP OR CONSOMME.

For every gallon of Cold Stock, add 1 lb. very lean Minced Beef, $\frac{1}{2}$ lb. Onions, 1 lb. Mixed Root Vegetables (i.e., Carrots, Turnips, Parsnips), Celery, 1 Bay Leaf, 4 Cloves, well beaten white of two (2) Eggs, and also the crushed egg shells. Bring to boil and allow to simmer for two (2) hours. After straining through a wet, fine cloth, we have the foundation for the various consommés, as set out—

Consommé a la Brunoise—Very small diced $\frac{1}{4}$ -inch diameter Mixed Root Vegetables, French Beans or Peas.

Consommé a la Julienne—Strips of different Vegetables, 1-inch long by $\frac{1}{2}$ -inch square with some green for colour.

Consommé a la Chiffonade—Very finely shredded Lettuce.

Consommé a la Royale—Rich steamed Custard (sometimes coloured) dice $\frac{1}{2}$ -inch squares Mixed Vegetables.

Consommé a la Jardiniere—All varieties coloured Vegetables, $\frac{1}{4}$ -inch square.

Consommé aux Perles—Soaked Bullet Tapioca.

(196) BROWN SOUP.

Use all classes of Root Vegetables, with Celery, if procurable, and braise with Dripping—if possible, add Bacon Rind or Ham Bones—until water has been extracted, adding sufficient Flour for consistency.

When thoroughly browned, add Boiling Stock, mix and allow to simmer slowly. This allows fat to be skimmed off and thus a clear flavour is attained.

Various thick brown soups are: Onion, Celery, Ox Tail, Kidney, Mulligatawny, &c.

Important: Save the peelings from Carrots and Parsnips as they are excellent for Braising, Consommés, Espagnol, and Brown Sauces. Wash well and drain before using. Also use Water in which Root Vegetables have been cooked.

(197) JARDINIÈRE SOUP.

Ingredients: 10 lbs. Mixed Vegetables (all varieties), Stock, Pepper, Salt.

Method: Cut up Vegetables in even sizes ($\frac{1}{2}$ -inch diameter), place in 10 gallons of stock, bring to boil and let simmer till cooked; thicken with Flour; add Pepper and Salt. Boil again for 30 minutes.

(198) SOUPS—STOCKPOT.

The foundation is most important. Have a perfectly clean stock pot. Break up all large bones, cover with cold water, adding 1 oz. Salt to every gallon of Water and bring to boil slowly, allowing to simmer. Constant skimming of the scum as it rises is necessary to attain a clear stock. The fat which has been skimmed should be carefully strained through hessian or muslin, and placed to one side—it is very suitable for paste making and other purposes, as it does not carry a heavy flavour as compared with roast dripping. If all stock is not required on the day of preparation, surplus should be strained for next preparation or reduced by constant simmering to a meat glaze, which is very useful for strengthening soups, sauces, or gravies, or it may be served as a Beef Tea.

(199) SALAD DRESSING—MOCK MAYONNAISE.

Method: Use same method as for Bechamel Sauce, using a little more Butter and use Boiling Water in place of milk. Cook for 10 minutes, pour into earthenware dish, if available, and allow to cool. Remove skin and beat until smooth, then beat in yolks of 6 Eggs to 1 quart of Sauce, and add 1 tablespoonful of Mixed Mustard. Add Pepper and Salt to taste and reduce to a good rich cream with Vinegar. Keep and serve cold. (This has a good keeping quality.)

(200) POTATO SALAD.

Ingredients: 10 lbs. Potatoes, 18 heads of Lettuce, 12 Cucumbers or Tomatoes, Mayonnaise Dressing, 2 lbs. Onions.

Method: Peel and boil Potatoes, allow to cool and then dice, clean, and shred Lettuce. Peel and slice Cucumber. Place Lettuce in bottom of dish, layer of Cucumber or Tomato, cover with Diced Potatoes. Pour over the whole Mayonnaise Dressing.

(201) SAVOURY SEASONING OF MUTTON AND PORK.

Method: Soak in Cold Water sufficient Stale Bread for number catered for, about one-tenth quantity of finely chopped Onions. For every 1 lb. Onion place $\frac{1}{4}$ lb. Dripping in baking dish, make hot and sauté or fry same without discolouring, and add dessert-spoonful Sweet Herbs. When sufficiently cooked, add to Bread,

which must be well squeezed out. Mix thoroughly free from lumps and bake for three-quarters of an hour or until brown on top.

(202) SALAD DRESSING, No. 1.

Ingredients: 1 lb. Cornflour, $1\frac{1}{2}$ lb. Sugar, 3 ozs. Mustard, 3 ozs. Salt, 8 Eggs, $\frac{3}{4}$ lb. Butter, 1 bottle Vinegar, 3 Lemons, Pepper, and Milk.

Method: Dry mix Cornflour, Sugar, Pepper, Mustard, and Salt, then add Milk to form a thick paste. Add Eggs, Vinegar, Juice of Lemon, and sufficient Milk for a smooth paste. Cook in double boiler, and when thick add Butter.

(203) SALAD DRESSING, No. 2.

Ingredients: $1\frac{1}{2}$ oz. Mustard, $\frac{1}{2}$ lb. Sugar, 2 tins Condensed Milk, 1 oz. Custard Powder, $\frac{1}{2}$ pint Vinegar, $1\frac{1}{2}$ pint Water.

Method: Pour Condensed Milk into container, add Water, add Sugar. Stir in Custard Powder, add Mustard, add Vinegar, mix all ingredients thoroughly.

(204) BLANC MANGE.

Ingredients: 4 gallons Milk, 2 lbs. Sugar, $2\frac{1}{2}$ lbs. Cornflour, Essence.

Method: Put a little Water in cooking utensil, add Milk, bring nearly to boiling point, add Sugar and Cornflour, which has been dissolved with Milk or Water; pour into Milk which should be stirred vigorously to attain a smooth texture, and must be cooked for at least 8 minutes; add Essence last to avoid evaporation. Serve half portion of Blanc Mange and half fruit or jelly. If jam is used, slightly larger portion of Blanc Mange with dessertspoonful of jam.

(205) CANADIAN FRITTERS.

Ingredients: 6 lbs. Flour, 6 ozs. Baking Powder, 6 Eggs, $\frac{1}{2}$ lb. Sugar, 6 pints Milk, tablespoonful Salt.

Method: Beat Eggs to stiff froth, add Sugar, Milk, and Flour mixed with Baking Powder. Mix in lightly. Prepare frying pan or baking dish with very little Dripping. Drop in mixture from spoon and fry, turning occasionally. Should be cooked in four minutes. Serve with golden syrup or honey.

(206) DOUGH NUTS.

Ingredients: 8 lbs. Flour, 6 Eggs, 8 ozs. Baking Powder, $4\frac{1}{2}$ pints (approximately) Milk, 6 ozs. Butter, 8 ozs. Sugar, Essence of Vanilla.

Method: Dough as for scones, roll out and cut with round cutter. Remove centre and fry in boiling fat. Turn over when bottom is cooked. Take out and sugar while hot.

(207) DROP SCONES OR PIKELETS.

Ingredients: 6 lbs. Flour, $1\frac{1}{2}$ lb. Sugar, 5 ozs. Baking Powder, 1 dozen Eggs, Salt, 6 pints Milk, 12 ozs. melted Butter.

Method: Sieve Flour, Baking Powder and Salt. Beat Eggs and Sugar, add Milk, mix and pour into Flour. Mix to a consistency of thick cream. Add melted Butter last and leave 10 minutes

before cooking. Grease pan with Butter and with a dessert-spoon drop in mixture in even quantities. When bubbles appear turn with a broad knife and fry to a golden brown. Serve with Butter, cold or hot.

(208) FRUIT FRITTERS.

Ingredients: Cooked or uncooked Fruit, batter consisting of Eggs, Flour, Milk, Essence, Sugar, and Salt.

Method: Cut Fruit into slices. Make up fritter batter. Beat Eggs well and add to Flour which has been mixed with Milk. Beat well, add Salt, Sugar and Essence to taste. Cook to a golden brown in boiling fat.

(209) PANCAKES.

Ingredients: 5 lbs. Flour, 4 ozs. Baking Powder, 1½ lb. Sugar, 2½ pints Milk, 6 Eggs, 1 oz. Salt, 10 ozs. Butter.

Method: Whisk Eggs and Sugar together, then add Milk, mix until Sugar is dissolved, then add Flour which has been sieved with the Baking Powder. Mix well and add Butter last, which has been previously melted. Drop in spoonfuls of desired size on hot plate or pan which should be thoroughly greased and just smoking hot. Turn when bubbles begin to show. Can be served hot with syrup sauce.

(210) YORKSHIRE FRITTERS.

Ingredients: 4 lbs. Flour, 3 ozs. Baking Powder, 8 Eggs, 1 oz. Salt, approximately 3 pints Milk.

Method: Sieve Flour and Baking Powder, beat Eggs well, add Salt and Milk, then Flour, mix well, and have batter mixture thicker than can run off spoon, then drop in required size from spoon into slightly smoking hot fat, turn and cook until a golden brown.

(211) BATTER.

Ingredients: 4 lbs. Flour, 8 Eggs, approximately 4 pints Milk, 1 oz Salt, 8 ozs. Sugar, Essence.

(212) APPLE SHORT CAKE.

Ingredients: 3 lbs. Butter, 12 Eggs, 1 lb. Sugar, 6 lbs. Flour, 2 pints Milk, Salt.

Method: Rub Butter into Flour, add dry ingredients. Add beaten Eggs and Milk. Mix all into a rather soft paste. Roll out and put half into greased tray and cover with apples. Cover with rest of paste and bake in moderate oven (30 minutes). Cover with pink icing and cut into squares.

(213) BAKEWELL TART.

Ingredients: 10 lbs. Sweet Short Pastry (5 lbs. Flour, 2 lbs. Shortening, 1 lb. Sugar) to line the tins, Queen Cake mixing (½ Queen Cake mixing), 4 lbs. Apricot Jam.

Method: Line baking dishes with pastry spread with Jam, then spread with Queen Mixing, bake in moderate oven till golden brown.

(214) BUN SCRAP.

Ingredients: 10 lbs. Scrap Bread, 3 lbs. Dripping, 3 lbs. Sugar, 3 pints Milk, 6 lbs. S.R. Flour, 4 lbs. Currants, 1 packet Mixed Spice.

Method: Soak Bread overnight, squeeze out all water. Whisk well until smooth and without lumps. Add Dripping, Flour, Sugar, Currants and Spice. Mix all together with Milk, and spread on well-greased baking trays about 1 inch thick. Bake until well browned and cut into squares.

(215) YEAST BUNS.

Ingredients: 4 ozs. Dribarm, 1½ lb. Sugar, 8 lbs. Flour, 2 lbs. Sultanas or Currants, 1 lb. Fat, 1 oz. Salt, Spice.

Method: Take from ingredients 4 ozs. Dribarm, 6 ozs. Sugar, 8 ozs. Flour, 1½ pints of luke-warm Water. Mix all together and stand in a warm place to ferment for about 1 hour, then cream together 1 lb. 2 ozs. of Sugar, 1 lb. of Fat, 1 oz. Salt, and place in bay of 7½ lbs. of Flour, add 2½ pints (approximately) of luke-warm Water and draw in some of the Flour, then add the ferment and mix to a soft dough. Let stand in warm place for 1½ to 2 hours. Knead well and let recover 20 minutes to ½ hour, then knead again and mould into buns. Place on greased trays and let stand for 20 minutes, then bake in moderate oven till cooked, then wash with Sugar and Water to give a glossy finish.

(216) PLAIN BISCUITS.

Ingredients: 8 lbs. Flour, 2 lbs. Castor Sugar, 1 lb. Butter, Yolks of 16 Eggs, 2 pints Milk.

Method: Beat Egg with Milk and mix with Flour and other ingredients. Roll out and cut into very thin rounds with paste cutter. Bake for 6 minutes in quick oven.

(217) BISCUITS ROLLED OATS.

Ingredients: 3 lbs. Rolled Oats, 3 lbs. Flour, 4½ ozs. Baking Powder, 1 lb. Golden Syrup, 1¼ lb. Butter, 1 oz. Spice, 1 lb. Sugar, 3 pints Milk. Chopped Peanuts or Cocoanut may be added.

Method: Sift Flour and Baking Powder and mix with Rolled Oats. Make well in centre into which place Sugar, Butter, Syrup, and Spice. Mix well, then add Milk and make into a firm dough. Roll out into small pieces of 1 oz. each, and place on greased baking sheets, 2 inches apart, as this mixture will spread. Bake in moderate oven for 15 minutes.

(218) CUSTARD TART.

Ingredients:

Paste: 12 lbs. Flour, 6 lbs. First Grade Dripping, 2 lbs. Sugar, 6 ozs. Baking Powder, 12 Eggs, ½ lb. Cornflour.

Custard: 40 Eggs, 2½ lbs. Sugar, 2 gallons Milk, Essence, 1 oz. Salt.

Method: Make pastry in usual manner. Roll out and place in baking trays, make paste with Cornflour and Water and brush pastry to prevent liquid Custard from soaking into pastry.

Beat Eggs and Sugar well, add Salt and Milk, making sure Sugar is dissolved, and pour into prepared paste, 1½ inch thick. Grated Nutmeg may be added in lieu of Essence. Bake in moderate oven until set.

(219) CHERMSIDE CAKE.

Ingredients: 8 lbs. Flour, 2 lbs. Butter, $2\frac{1}{2}$ lbs. Sugar, 8 ozs. Baking Powder, $1\frac{1}{2}$ lb. Currants, 8 ozs. Lemon Peel, 2 pints Milk or Water.

Method: Sieve Flour and Baking Powder into a bowl and make a bay. Place Peel and Currants around the edge of bay. Cream Butter in centre of bay and add Milk gradually. When Sugar is dissolved work in Flour quickly and mix lightly into a dough until well mixed. Place drops the size of an egg on a greased tray and allow to stand for 5 minutes. Bake in moderate oven and when cooked take off tray immediately.

(220) CHEAP BLOCK CAKE.

Ingredients: 6 lbs. Flour, 6 ozs. Baking Powder, 3 lbs. Currants, 3 lbs. Sultanas, $\frac{1}{2}$ lb. Lemon Peel, 2 packets Mixed Spice, 2 lbs. Sugar, 16 Eggs, 2 lbs. Dripping, Essence of Lemon.

Method: Sieve Flour and Baking Powder, rub in Dripping, add dry ingredients and Essence. Beat Eggs with a little Milk and fold in to make a medium mixture. Bake in greased tins for $1\frac{1}{2}$ hours.

(221) FRUIT SHORT CAKE.

Ingredients: Dried Fruits, Arrowroot or Cornflour, Sugar, Spice.

Method: Take any Dried Fruits, soak overnight, then cook for a few minutes till swollen. Thicken with Arrowroot or Cornflour till mixture falls from spoon. This is the filling with the addition of Sugar and Spice. Line baking dish with sweetened short pastry, fill in with above mixture, cover with another layer of pastry. Bake in moderate oven for 40 minutes. Serve with Cinnamon or Sweet Sauce.

(222) RICH CAKE.

Ingredients: 3 lbs. Sugar, 3 lbs. Butter, 24 Eggs, 3 lbs. Plain Flour, $\frac{3}{4}$ lb. S.R. Flour, 4 lbs. Fruit, Essence to flavour.

Method: Cream Butter and Sugar till light batter, gradually beat in Eggs and Cream well fold in the Flour, add Fruit and Essence and mix well. Place in papered tins and bake in a slow oven for $3\frac{1}{2}$ to 4 hours.

(223) NUT LOAF.

Ingredients: 8 lbs. S.R. Flour, 2 lbs. Sugar, 2 lbs. Butter, 8 or more Eggs if available, Essence and Spice, Nuts, Milk to mix.

Method: Cream Butter and Sugar till light batter and then add Eggs gradually, fold in the Flour and mix well with the Milk, add the Nuts, place in greased fruit tins, and bake in a moderate oven approximately 30 to 40 minutes, or steam as for steamed puddings.

(224) QUEEN CAKES.

Ingredients: 2 lbs. Butter, $2\frac{1}{4}$ lbs. Sugar, 16 Eggs, $1\frac{1}{2}$ lb. Plain Flour, $1\frac{1}{2}$ lb. S.R. Flour, 1 pint Milk, Essence.

Method: Cream Butter and Sugar for a few minutes, add Eggs one at a time, beating well between each Egg. Sieve both Flours together, add Essence to Milk. Mix in half Flour, then add remainder. Add Milk and Essence. Place in greased pattie pans or cake containers. Press down centres and leave for

10 minutes. Bake in moderate oven to a golden brown. This mixing can be made into marble slab cakes by adding currants; spread paper on tray, pour on mixture to a depth of $\frac{1}{2}$ inch, and when cooked and cold coat with Water Icing.

(225) MEDIUM OR SULTANA CAKE.

Ingredients: 3 lbs. Butter, $2\frac{1}{4}$ lbs. Sugar, 18 Eggs, 6 lbs. S.R. Flour, $1\frac{1}{2}$ pints Milk, 3 lbs. Sultanas, Essence Lemon and Vanilla.

Method: Cream Butter and Sugar till light batter, gradually beat in Eggs and Cream well, add Essence, fold in the Flour, add the Milk and mix well, and draw in the Fruit. Place in papered tins and bake in a slow oven for approximately 3 hours.

(226) SWISS ROLL.

Ingredients: 4 lbs. Sugar, 4 lbs. Flour (S.R.), 3 dozen Eggs.

Method: Beat Eggs and Sugar together until it becomes a light batter, then add Essence. Sieve Flour and Mixture by hand very lightly; **do not stir**. Spread lightly without touching too often. Bake in a moderate oven, and turn out on to paper lightly dredged with Sugar. Wash paper with Water and remove. Spread sponge lightly with Jam (raspberry or apricot). Roll and allow to cool.

(227) 15-MINUTE SPONGE.

Ingredients: 20 Eggs, $2\frac{1}{2}$ lbs. Sugar, $2\frac{1}{2}$ lbs. S.R. Flour.

Method: Beat Eggs and Sugar together for 15 minutes, fold the Flour in lightly. Place in well greased and floured baking dishes, and bake in moderate oven approximately 15 to 20 minutes.

(228) BAKING POWDER.

Ingredients: 2 lbs. Cream of Tartar, 1 lb. Bi-carb. of Soda, 1 lb. Corn-flour.

Method: Sieve several times.

(229) HINT ON CAKE BAKING.

The top of Cake should be protected with layer of papers. Also layer of paper should be used to protect bottom of tins from fierce bottom heat.

(230) BRINE TUB.

Ingredients: 14 lbs. Salt, 60 (bag) Peppercorns, 8 ozs. Saltpetre, 8 Bay Leaves, 8 ozs. Brown Sugar, 8 gallons Water.

Method: Place Salt, Bay Leaves, Peppercorns, and Water into a vessel, bring to boil and remove scum, allow to simmer for 10 minutes. Dissolve Saltpetre and Brown Sugar in part of brew, remove from fire and allow to stand for 12 hours in cold temperature before using.

(231) SIMPLE BRINE FOR MEAT.

Method: Put boiling Water in keg. Add enough Salt so that a Potato will float. Use when brine is cold.

REMEMBER! SAVE YOUR VEGETABLE WATERS FOR SOUP AND STOCK.

(232) NOTES ON DEHYDRATED FOODS.

The problem of producing and supplying food for troops in forward and tropical areas has reached major proportions. The question of overcoming the difficulties of providing food that contains the necessary food value, plus the essential protective minerals and vitamins, may be answered by dehydration.

Dehydrated foods are valuable because they—

- (i.) Provide foodstuffs containing the necessary food value plus protective vitamins and minerals essential to the soldier's well-being.
- (ii.) Minimise space, weight, and cost.
- (iii.) Saving of surplus foodstuffs for future use.
- (iv.) Enable a meal to be served possessing colour and variety.
- (v.) Relieve the monotony of tinned foodstuffs.

Dehydrated foodstuffs always require soaking before cooking for restoration of water contents. Periods of soaking differ with various kinds, but the following times of soaking will be found satisfactory:—

- (a) Mutton, at least 2 hours.
- (b) Root vegetables, at least $1\frac{1}{2}$ hours. A longer period helps to restore them to almost their original fresh appearance.
- (c) Onions and greens, at least $1\frac{1}{2}$ hours. In emergency they can be put straight into boiling salted water and cooked for about 50 minutes.

Experimental tests show the following approximate absorption of water:—

Dehydrated mutton absorbs water equal to $1\frac{1}{4}$ times its weight.
 Dehydrated carrots absorbs water equal to $3\frac{1}{2}$ times its weight.
 Dehydrated potatoes absorbs water equal to 3 times its weight.
 Dehydrated onions absorbs water equal to 5 times its weight.
 Dehydrated parsnips absorbs water equal to $2\frac{1}{4}$ times its weight.
 Dehydrated leek absorbs water equal to $2\frac{1}{4}$ times its weight.
 Dehydrated cabbage absorbs water equal to 3 times its weight.

Quantities.—The approximate quantities required for 100 men of components generally issued for army requirements are—

Mutton—

For stews and curries	9 $\frac{1}{2}$ lbs.
For hot pots, rissoles, potato or meat pie, pasties, &c. ..	8 lbs.
Cabbage, leeks, spinach, &c.	5 lbs.
Carrots—as a vegetable	3 $\frac{1}{2}$ lbs.
Onions	2 $\frac{1}{2}$ to 5 lbs.
Potatoes—mashed	7 lbs.
In stews, hot pots, &c.	2 $\frac{1}{2}$ lbs.
Turnips—in stews, &c.	2 lbs.

Egg Powder—

Scrambled eggs	3 $\frac{1}{2}$ lbs.
Custards	1 lb.
Cakes, &c.	1 oz. = 3 eggs

Milk Powder—Use 1 lb. to each gallon of cold water.

Fruit—Dried	6 lbs.
---------------------	--------

Handy Table of Measures—Common Army Containers.

1 Army Pannikin holds—6 ozs. dehydrated Potatoes.
6 ozs. dehydrated Carrots.
10 ozs. dehydrated Mutton.
4 ozs. dehydrated Cabbage.
5 ozs. dehydrated Onions.
1 × 7 lbs. Prune Tin = 5 Pannikins.

RECIPES.

(233) CURRY AND RICE.

Ingredients: Dehydrated Mutton, 9½ lbs.; Curry Powder, 6 ozs.; Flour, 1 lb.; Carrots, 2 lbs.; Onions, 2½ lbs.; Rice, 4 lbs.; Sultanas (if available), 1 lb.

Method: Fry off Onions, add Curry Powder, Meat, Carrots, and Sultanas. Add just sufficient Stock or Water to keep the whole together. Bring to the boil, add thickening made of Flour and Water and let cook for 5 minutes. Prepare Rice and place in boiling Salted Water until cooked, strain, and wash to separate Grains, serve with Curry.

(234) POTATO PIE.

Ingredients: Dehydrated Mutton 8 lbs., Potatoes 7 lbs., Onions 3 lbs., Seasoning.

Method: Fry Onions to a golden brown, add to Meat and Season to taste. Place in baking dishes. Cover with Cooked Potatoes and bake to a golden brown. (Cook the dehydrated Potatoes for ¾ hour before covering Meat.)

(235) SAVOURY MUTTON AND HARICOT BEANS.

Ingredients: Dehydrated Mutton 8 lbs., Onions 3½ lbs., Haricot Beans 7 lbs., Bacon 7 lbs., Breadcrumbs 3 lbs., Seasoning.

Method: Mince Beans and Onions and Bacon. Add to Mutton, place the whole in a container and barely cover with Water. Place in oven, and when nearly cooked cover with Breadcrumbs, replace in oven and bake to a golden brown. With care in the preparation of this dish, a good meal is served and appreciated. Beans and Onions must be cooked before mincing. Barley may be used in place of Beans.

(236) MUTTON PASTIES.

Ingredients: Dehydrated Mutton 7 lbs., Carrots 3 lbs., Flour 8 lbs., Onions 3 lbs., Potatoes 4 lbs., Shortening 4 lbs.

Method: Soak the Mutton as explained and cook Diced Vegetables. Make the Short Pastry and add mixed Mutton and Vegetables by first cutting Pastry in circles, add Meat to centre. Then wet the edges and fold over.

Method: Soak Meat, Potatoes, and Onions separately. Place Meat in baking dish and cover with Water, place in oven and bake off until cooked. Time about one hour.

(237) MUTTON AND MACARONI.

Ingredients: Dehydrated Mutton $9\frac{1}{2}$ lbs., Onions 2 lbs., Cheese 1 lb., Macaroni 4 lbs., Flour $\frac{1}{2}$ lb.

Method: Fry off Onions (previously soaked), add Meat, and fry to golden brown or until cooked, add Flour and sufficient Water to hold the whole together. Place Macaroni in Boiling Water and cook for 20 minutes. Strain off and add to Meat and Onions, cover with Grated Cheese and serve hot. This is an excellent breakfast dish.

NOTE—

Previous soaking in Water, three or four times the bulk of the dehydrated food is essential. When cooking dehydrated vegetables, place in Boiling Water and simmer for not less than $\frac{3}{4}$ hour. Prior to frying, they must be soaked and partly cooked, but to preserve Vitamin C over-soaking should be avoided when the vegetables are to be boiled. As far as possible, the Water used to soak the Vegetables should be kept for cooking purposes.

“**Simmer**” means cook very slowly. If cooked rapidly, the dish may fail to come up to expectations.

(238) RISSOLES.

Ingredients: Dehydrated Mutton 8 lbs., Onions $2\frac{1}{2}$ lbs., Breadcrumbs 7 lbs., Flour 1 lb., Seasoning.

Method: Fry off Onions, add to Mutton which has been previously soaked, add Breadcrumbs and Flour. Mix the whole thoroughly and shape up into balls, fry off in deep Fat.

(239) BEEF STEW.

Ingredients: 35 lbs. Boneless Beef, 6 ozs. Salt, Pepper, 2 lbs. Dripping, 9 ozs. Dehydrated Onions, $6\frac{1}{4}$ lbs. Tomatoes, $1\frac{1}{8}$ lb. Dehydrated Carrots, Dehydrated Potatoes (julienne style) 4 lbs. Water—3 pints for Onions, 6 pints for Carrots, 24 pints for Potatoes.

Method: Cube and Season Beef with Salt and Pepper. Dump into large pot and brown off in Dripping. Bring 3 pints Water to boil and pour over the Onions. Let stand for 20 minutes. Place Meat, Onions, and other Vegetables, previously prepared, into large container, place on fire, bring to boil and let simmer for $1\frac{1}{2}$ –2 hours.

(240) PRESERVED MEAT HASH.

Ingredients: Dehydrated Potatoes (julienne style) 8 lbs., Dehydrated Onions 10 ozs., Dripping 2 lbs., Preserved Meat 18 lbs., Water for Potatoes 42 pints, for Onions 4 pints, Seasoning.

Method: Soak Potatoes 20 minutes and bring to boil, cook until tender. Drain off surplus Water but do not throw away. Soak Onions 20 minutes and bring to boil, then drain immediately. Do not throw away surplus Water. Fry and Brown off Onions. Break up Preserved Meat, mix with Potatoes. Add Onions together with surplus Onion Water. Add enough surplus Potato Water to moisten Hash.

When cooking small portions, brown the Hash in a frying pan on top of stove until crusty. For larger quantities place the Hash in a deep Army baking dish and bake in a hot oven until brown.

(241) FRENCH TOAST.

Ingredients: Dried Eggs 3 lbs., Milk Powder 2 lbs., Bread 100 thick slices, Dripping 6 lbs., Water 8 pints, Salt.

Method: Dissolve Eggs in Cold Water and mix to smooth paste. Add Milk, Salt, and Water. Stir until very smooth. Pour into a shallow pan and dip slices of Bread in Egg mixture. Allow to soak for 2 or 3 minutes. Heat Dripping until quite hot, drop in soaked Bread and fry until golden brown.

Remarks: French Toast may be served with honey and syrup.

(242) BUTTERED CARROTS.

Ingredients: Dehydrated Carrots 4 lbs., Sugar 4 ozs., Butter 2 lbs., Salt and Pepper, Water 24 pints.

Method: Soak Carrots in cool Water for 30 minutes. Slowly bring to boil and let simmer for 20 minutes. Remove from fire, add Sugar and Butter, Season, and stir until properly mixed.

(243) MASHED POTATOES.

Ingredients: Dehydrated Potato $4\frac{1}{2}$ lbs. (pre-cooked) type), Hot Milk 1 pint, Butter or Margarine 2 lbs., Seasoning, Water 13 pints.

Method: Have 10 pints Water boiling vigorously and pour over shredded Potatoes. Let stand on back of stove or over low fire and simmer gently for 20-30 minutes. Add Seasoning and stir vigorously to work out lumps. Add hot Milk, Water, and Melted Butter, stir until fluffy.

(244) MASHED BROWNED OR FRIED POTATOES.

Ingredients: Dehydrated Potatoes (cubes) $9\frac{1}{2}$ lbs., Salt $\frac{3}{4}$ lb., Dripping 4 lbs., Fresh Onions 5 lbs., or Dehydrated Onions 9 ozs., Water 36 pints.

Method: Pre-soak Potatoes, bring to boil and simmer for approximately 35 minutes. Let cool. Place Dripping into pans, heat, and fry off Onions. (If using Dehydrated Onions pre-soak in 2 pints of Water and add surplus Water to pans). Add Potatoes and mix lightly with Onions and Fat. Fry and turn until browned off.

(245) MASHED POTATOES (using Julienne Style Potatoes).

Ingredients: Dehydrated Potatoes 7 lbs., Milk 3 pints. Salt to taste. Butter or Margarine 2 lbs., Water 34 pints.

Method: Soak Potatoes, bring to boil and cook until tender. Drain off and save surplus Water. Mash and smooth out Potatoes. Bring 4 pints surplus Potato Water and Milk to boil, add Butter and Salt. Stir into Potatoes and mix well.

(246) POTATOES AU GRATIN.

Ingredients: Dehydrated Potatoes (julienne style) $7\frac{1}{2}$ lbs., Butter 2 lbs., Cheese (sliced) 4 lbs., Bread Crumbs $1\frac{1}{2}$ lbs., Water (cool) 28 pints, Seasoning.

Method: Soak Potatoes, bring to boil and cook until tender, approximately 1 hour). Drain well. Place Potatoes in deep pan, add Butter and Seasoning, stir well. Slice Cheese into thin slices and scatter over Potatoes. Sprinkle Breadcrumbs over Cheese and dot with Butter. Bake in a moderate oven until brown.

(247) CREAM OF POTATO SOUP.

Ingredients: Water 50 pints, Salt 5 ozs., Pepper $\frac{1}{4}$ oz., Dehydrated Onions 12 ozs., Dehydrated Potatoes 6 lbs. (pre-cooked shreds), Evaporated Milk 9 lbs., Butter 3 lbs.

Directions: Put Water, Salt, Pepper, Dried Onions, and Shredded Potatoes in a kettle and bring to boil. Let simmer for about 30 minutes, add Evaporated Milk and Butter and let simmer for 20 minutes more. Serve hot.

Special Instructions: This makes a thick, substantial Soup. If a thinner Soup is desired, reduce the Potato content to 5 lbs.

(248) ONION SAUCE AND SMOTHERED ONIONS.

Ingredients: Dehydrated Onions 2 lbs., Water 8 pints, Dripping or Butter 2 lbs., Salt to taste.

Method: Pre-soak Onions in cool Water. Bring to boil and simmer until tender, approximately 25 minutes. Heat Dripping or Butter to frying temperature, add Onions, surplus Water as well, and allow to stew until slightly brown and very tender. Add Salt and serve as a dressing for smothered Meats.

Remarks: Do not throw away surplus Onion Water, it contains most of the flavour.

(249) ONION SOUP.

Ingredients: Dehydrated Onions $1\frac{1}{4}$ lbs., Water 4 pints, Dripping or Butter 3 lbs., Flour 2 lbs., Beef Stock 40 parts, and Salt to taste.

Method: Pre-soak Onions, bring to boil and simmer for 20 minutes. Melt Dripping or Butter, add Onions and fry brown. Add Flour and stir well. Add some Water or Stock to thin out the Onion-Flour paste, then combine with the remainder of the Water or Stock. Season and simmer for 1 hour.

USE OF WHOLE WHEAT GRAIN AS STABLE ITEM OF RATION.

The above may be used alone or with other available items of the ration.

(250) WHOLE WHEAT ALONE.

The following Recipes for preparation of Whole Wheat presuppose:—

Time for Soaking.—This can be accomplished by time to time dipping of grain (enclose in small, porous bag) in water.

By "cracking" of the wheat it is not to be understood that the whole of the wheat should be gristed. It is intended to convey the fact that if some of the berries are broken, sufficient gluten for binding purposes will be released, and in the case of porridge, sufficient gluten to give the "porridge" texture. Passage through a mincing machine is a simple means of "cracking."

In the case of Recipes 251, 2, 3 and 4. **Means of grilling.** Practically any flat metal surface will suffice for this purpose, e.g., bottom of mess tin.

Any two flattish stones would suffice for purposes of cracking. Given the very slight facilities required, as above, whole wheat may, as indicated by the following recipes, be usefully and palatably employed.

(251) SAVOURY WHEAT CAKES (Chupatties).

4 ozs. Wheat. Approximately $\frac{1}{4}$ oz. Meat Extract. Pinch of Salt, a little Water.

Wheat cracked as above, Meat, Extract, Salt, and a little Water added, to make into little flat cakes.

Place on hot metal surface greased with Butter. Grill for 10 minutes, turning to cook evenly.

(252) SAVOURY WHEAT CAKES (Chupatties).

4 ozs. Wheat, approximately $\frac{1}{4}$ oz. Meat Extract, pinch Salt. Wheat soaked in cold Water 18 hours. Drained. Pounded as for "cracking." Meat Extract and Salt added. Moulded into small, flat cakes and cooked as in 251.

(253) PLAIN WHEAT CAKES (Chupatties).

As in 251 or 2, as case may be, omitting Meat Extract.

(254) WHEAT CRISPS.

"These would form an excellent munch on the move" (like roasted nuts). Whole Wheat soaked 20 hours, drained, spread on hot greased metal surface, and grilled for 15 minutes, shaking, to cook to a golden brown.

(255) WHEATEN PORRIDGE.

Whole Wheat soaked for 18 hours, pounded as for cracking, dropping into boiling water and salted, cook for 30 minutes.

(256) BRAISED WHOLE WHEAT.

Wheat soaked for 24 hours, then boiled in Salted Water for 1 hour, braised off on greased flat metal surface for 10 minutes. Flavouring of Meat Extract can be added.

WHOLE WHEAT PLUS OTHER ITEMS OF THE RATION.

(257) BOILED WHEAT.

Wheat soaked for 48 hours, drained, then immersed in boiling, salted water until palatably hot, drained, and served. Flavouring of Meat Extract can be added.

The following Recipes have been tested and proved satisfactory:—

After soaking 24 hours "mince" the Wheat prior to preparation of the following dishes:—

(258) CREAM OF CORN.

Wheat	$\frac{1}{2}$ lb.	Butter	1 oz.
Flour (Plain)	2 ozs.	Milk	$\frac{3}{4}$ pt.
Salt				Pepper			

Method: Cook Wheat for 2 hours, in sufficient Water to cover. Make up White Roux of Butter, Flour, Milk, and Seasoning, then add to Wheat. Cook gently for a few minutes and serve hot.

(259) WHEAT ROUGHS.

Wheat	..	$\frac{1}{2}$ lb.	Golden Syrup	1 tablespoon
Butter	..	1 dessertspoon		

Method: Soak Wheat for 24 hours, and put through mincer. Melt Butter and add Golden Syrup, then mix with Wheat. Drop on oven slides in dessertspoonful. Cook till brown in moderate oven for approximately 30 minutes.

(260) WHEAT CROQUETTES.

Wheat	..	$\frac{1}{2}$ lb.	Salt	..	1 teaspoon
Sugar	..	1 tablespoon	Butter	..	1 oz.
Egg Powder	.	1 oz.	Milk	..	$\frac{1}{2}$ cup

Method: Boil Wheat for 2 hours and strain off Water. Make a paste of Egg Powder and Milk, then add all other ingredients. Shape into flat balls, roll in Breadcrumbs, and fry in deep fat till brown (5 minutes).

(261) SAVOURY WHEAT.

Wheat	..	$\frac{1}{2}$ lb.	Pepper
Cheese	..	$\frac{1}{4}$ lb.	Salt

Method: Soak Wheat for 24 hours and put through mincer. Grate Cheese coarsely and mix altogether well. May be dropped on to greased oven slide or may be spread on toast $\frac{1}{4}$ -inch thick, and cooked for 20 minutes in a moderate oven.

(262) WHEAT CAKES.

Wheat	..	$\frac{1}{2}$ lb.	Flour (S.R.)	..	$\frac{1}{2}$ lb.
Butter	..	$\frac{1}{4}$ lb.	Milk	..	$\frac{1}{2}$ pt.
Sugar	..	$\frac{1}{4}$ lb.			

Method: Soak Wheat for 24 hours and put through mincer. Rub Butter and Sugar through Flour, then add Wheat, blending well before adding the Wheat. Work to a light dough, drop on greased trays in the size of small cakes and bake in moderate oven for 20 minutes.

GERMINATED AND GRISTED WHEAT RECIPES.

(263) GERMINATED WHEAT PORRIDGE.

7 lbs. of Wheat; soak 12 hours and germinate 24 hours. Wash and boil or steam 45 minutes. Serve with Milk and Sugar. If available, a little Golden Syrup improves flavour.

(264) GERMINATED WHEAT SAUCE.

Simmer 2 $\frac{1}{2}$ lbs. Germinated Wheat in 4 pints of Milk for 30 minutes. Make 1 gallon of White Sauce, using Milk the Wheat has been boiled in. Add Wheat, Salt, and Pepper to taste and serve hot over Meat. Serve with boiled or pickled Meat.

(265) GERMINATED WHEAT CHEESE AND RICE ROLLS.

2 lbs. Germinated Wheat, 2 lbs. Grated Cheese, 3 lbs. Cooked Rice. Simmer Wheat until soft, mix well with Cheese, Rice, Salt and Pepper to taste. Mould into rolls. Cover rolls with Army Biscuit Crumbs and bake until brown on greased tray in hot oven.

(266) GERMINATED WHEAT AND GERMINATED B.B. PEA CROQUETTES.

3 lbs. Germinated Wheat, 4 lbs. Germinated B.B. Peas. Simmer Wheat until soft, cook and mince Peas. Mix Wheat and Peas with 3 Eggs or 1 oz. Egg Powder. Salt and Pepper to taste. Mould into croquettes, dip in batter and fry in deep fat to a golden brown.

(267) GERMINATED WHEAT AND WHEAT PUFFS.

5 lbs. Germinated Wheat, 6 lbs. Minced Cooked Meat, 1 lb. Chopped Onions, 6 lbs. Mashed Potatoes. Simmer Wheat until soft, mix with other ingredients. Salt and Pepper to taste, and deep fat fry or bake on greased dish in hot oven.

(268) GRISTED WHEAT PORRIDGE.

7 lbs. Gristed Wheat, wash and soak for 2 to 3 hours, steam 45 minutes. Serve with Sugar and Milk. If available, add 6 ozs. Golden Syrup when cooked to add additional flavour.

(269) GRISTED WHEAT BREAD.

25 lbs. Gristed Wheat, 25 lbs. Flour, 1 lb. Salt, 12 ozs. Sugar. Ferment 1 lb. Flour and $\frac{1}{2}$ lb. Dri Barm, 12 ozs. Sugar and 6 pints of Water (blood heat). Let stand for 1 hour then mix, pour into Flour and Wheat, add 3 gallons of Warm Water, mix the dough well. Let stand for 2 or $2\frac{1}{2}$ hours, then the dough is ready.

(270) GRISTED WHEAT BISCUITS No. 1.

2 lbs. Gristed Wheat, 2 lbs. Flour, $1\frac{3}{4}$ ozs. Baking Powder, $1\frac{1}{2}$ lbs. Shortening, 1 lb. Sugar, 1 cup of Milk, and pinch of Salt. Sieve Flour and Baking Powder together, add Gristed Wheat to Flour, rub Shortening well through the Flour and Wheat, make a bay in the middle, add Sugar, Salt and Milk, mix well, roll out about $\frac{1}{8}$ -inch thick. Bake in moderate oven.

(271) GRISTED WHEAT BISCUITS No. 2.

$2\frac{1}{2}$ lbs. Gristed Wheat, $1\frac{1}{2}$ lbs. Flour, $2\frac{1}{2}$ ozs. Baking Powder, 5 ozs. Fat, 5 ozs. Sugar, 18 ozs. Treacle or Syrup, a little Milk and one teaspoonful of Cocoa. Mix Flour, Baking Powder, and Gristed Wheat together. Cream Sugar and Fat, make a bay in the middle, put in the Creamed Sugar and Fat, Treacle, Cocoa, and Milk. Mix well, roll out to $\frac{1}{8}$ of an inch thick and bake in moderate oven.

(272) GRISTED WHEAT SCOTCH BISCUITS.

Ingredients: 2 lbs. Flour, 2 lbs. Gristed Wheat, 3 ozs. Baking Powder, 1 lb. Shortening, 12 ozs. Sugar, $\frac{1}{2}$ oz. Spice, 1 lb. Treacle or Syrup, $\frac{3}{4}$ pint of Milk.

Method: Mix Flour, Gristed Wheat, Baking Powder, and Spice together. Rub Fat in Flour and Wheat, make a bay in the middle of Flour Wheat. Place in the bay, Sugar, Treacle, Milk and colouring. Mix all ingredients well together to a firm

dough. Do NOT have this mixing too soft. Roll into small balls, put into greased trays, press out a little, wash over with Milk. Bake in a moderate oven. This Biscuit will keep for months if packed in air-tight containers.

(273) GRISTED WHEAT ROCK CAKES.

Ingredients: 2 lbs. Flour, 2 lbs. Gristed Wheat, 3 ozs. Baking Powder, 1 lb. Shortening or Fat, $1\frac{1}{2}$ lb. Sugar, $1\frac{1}{2}$ lb. Mixed Fruit, 1 oz. Egg Powder, $1\frac{1}{2}$ pints Milk, Lemon Essence.

Method: Mix Flour, Gristed Wheat, and Baking Powder together. Cream up Fat and Sugar. Make a bay, put in Cream, add Eggs, Essence, Milk, and Fruit. Mix well into a modern dough, not too slack. Put on to greased trays, make rough. Bake in a moderate oven.

(274) ROLLED OATMEAL MEAL BISCUITS.

Ingredients: 2 lbs. Oatmeal Meal, 1 lb. Flour, 2 ozs. Baking Powder, 12 ozs. Fat, 18 ozs. Sugar, 1 tablespoon Treacle or Syrup, a little Milk.

Method: Mix Oatmeal, Flour, Baking Powder together. Rub Fat well through dry ingredients. Make a bay, put Sugar, Treacle, and Milk into bay. Mix well through into a smooth dough, roll out and cut size of ordinary biscuit. Wash over with Milk and bake in a moderate oven. Do NOT over bake.

(275) GRISTED WHEAT BREAD No. 2.

Ingredients: 50 lbs. Gristed Wheat, 1 lb. Salt, $3\frac{1}{2}$ gallons Water.

Ferment: $\frac{1}{2}$ lb. Dri Barm, 12 ozs. Sugar, 1 lb. Flour, 6 Pints Warm Water, about blood heat.

Ferment temperatures—Winter, 86-100 deg.; Summer, 74-80 deg.

Method for Ferment: Put the 6 pints of Water in a bucket, add the dry ingredients, Dri Barm, Sugar, Flour, and whisk up well. Let stand for 1 hour, then add the Ferment to the 50 lbs. of Gristed Wheat, Water, and Salt. This Dough needs a good mix. After mixing dough, let stand for about 2-2 $\frac{1}{2}$ hours, then dough should be ready to work off. The usual weight of each loaf is 2 $\frac{1}{4}$ lbs. Bread dough made of full Gristed Wheat is inclined to be heavy and solid, and if half Flour can be added the Bread is much lighter, and the texture not so close and heavy. The Wheat should be put through the grister three or four times to make it sufficiently fine.

(276) Wheatmeal Biscuit.

Ingredients: 4 lbs. Fine Wheatmeal, $1\frac{1}{2}$ lbs. Shortening, $\frac{3}{4}$ pint Milk, 2 ozs. Baking Powder, 1 lb. Sugar.

Method: Add Baking Powder to Wheatmeal, rub in Shortening. Make a bay, put Sugar, Milk into bay. Mix well through into a firm dough. Roll out in the ordinary way for Biscuits. Bake in a moderate oven.

NOTE.—Can be made with Gristed Wheat, if Gristed Wheat is on the fine side.

**(277) TROPICAL SPREAD—RECONSTITUTING TO
APPROXIMATE NORMAL FRESH BUTTER.**

Tropical Spread can be greatly improved in flavour by the addition of Water and Salt, as far as practicable the following method shall be adopted:—

Ingredients:

1 lb. tin Tropical Spread
1 heaped teaspoon Salt
5 tablespoons Water (4 ozs. or $\frac{1}{2}$ ordinary cup).

5-lbs. tins Tropical Spread
2 tablespoons Salt
 $\frac{3}{4}$ of a pint of Water.

Directions:

Place Spread in larger container. Dissolve Salt in Water and add slowly to Spread, beating briskly until all moisture is absorbed.

The Spread absorbs Cold Water quite readily. It is not necessary to Warm Water or Spread.

The Butter will be soft after mixing, but will harden if allowed to stand. (Where possible allow to stand over night.)

Water: As for drinking purposes—all Water must be treated before adding to Spread.

**REMEMBER! SAVE YOUR VEGETABLE WATERS FOR
SOUP AND STOCK.**

**(278) NOTES ON BREAD, DOUGHMAKING AND
BAKING.**

Bread is made by mixing together Flour, Water, Salt and Yeast. These form a Dough, which should be maintained at 80 degrees Fahr. while fermentation proceeds. The Yeast ferments the small amount of sugars present in the flour as well as the additional sugar produced in the dough itself during the fermentation period. The fermentation also converts the sugars into alcohol and carbon dioxide gas. It is the amount of this gas and the gas-retaining properties of the dough which largely determine the quality of the loaf. Small quantities of acids and other substances are also produced during fermentation, and these acids bring about the ripening of the dough.

It is not enough for dough to have attained the right size or become sufficiently distended with gas, it must be knocked back, i.e., have the gas squeezed out of it several times during fermentation. This working of the dough helps ripening process, and bread of better colour and flavour results.

The quality of bread produced depends upon the following factors:—

1. The character and quality of the flour.
2. The quality of the yeast.
3. The suitability of the plant and premises.
4. The proficiency of the bake.

The wheat from which our flour is manufactured varies considerably, and this variation is reflected in the flour. For comparative purposes, the wheat may be divided into three classes, namely Strong, Medium, and Weak. The term "Strong" means that flour obtained from strong wheat gives a high yield of bread, handles well in the dough, and gives well-risen loaves. Strong flours are, therefore, the best for bread baking and Medium and Weak flour for scones, biscuits, and pastries. Strong flours contain a higher percentage of gluten, a nitrogeous power of cohesion and elasticity, and makes possible the production of a fine open textured loaf. Of course, it should be understood that there is no absolute standard of quality, and it requires some experience to recognise the different strengths of flours.

METHOD OF DOUGHMAKING.

As in every branch of cooking, the first duty to perform is to have all necessary utensils at hand. Perfect cleanliness is necessary and imperative. Sift Flour, to remove impurities, pieces of string, &c., into mixing utensil, make well in centre and add Salt. Have Yeast dissolved and ready, then heat the Water to desired degree. It should be noted that the temperature of the weather is a great factor in the finished temperature of the dough, which should be 80 degrees to 82 degrees Fahr. when finished. The amounts required for a small amount of bread are as follows:—15 lbs. Flour, 4 ozs. Salt, 3 ozs. Dri Barm, 5 pints of Water.

Put Water into the centre of Flour and dissolve Salt, draw in some Flour to make a thin batter, then take Yeast and mix thoroughly. This dough should be very tight if for steaming, a lighter dough for baking, and it greatly depends on the perfect mixing (which cannot be overdone) on the resultant lightness, texture, and flavour. When dough is completed, place in a box (butter or similar) to prove in a place where no draughts can affect it. Cover well and allow to rise, which should be between 3 and 4 hours, knock back and mix well again, leave for approximately one-half hour, knead again and weigh off at 2 lbs. 3 ozs. each piece, mould and place in greased jam, apple, or other suitable tins. Allow to prove again until tin nearly full, cover with greased paper to prevent Water reaching bread and boil or steam in camp kettle or other container for 2½ hours. Care must be taken to ensure continuance of boiling or steaming. When cooked turn out on to clean cloth to absorb steam and prevent sweating.

When baking bread instead of steaming: Note carefully that the finished dough should be of a lighter or softer texture, but will bake in 45 to 50 minutes in an oven of 375 degrees Fahr., same method of making being performed.

Note: Salt in bread is a very important item, as it has the properties of flavouring the bread, preventing fermentation changes, and assists the coagulation of the gluten to form the cells imprisoning the carbon dioxide gas, which gives us the light loaf, so care should be taken that it is never omitted.

C

. (279) BREAD AND BISCUIT CRUMBS (USE OF).

Biscuit Crumbs may be used successfully as under:—

- 40 per cent. for all kinds of Steam Puddings;
- 30 per cent. for Short Pastry;
- 25 per cent. for Rolled Oats or Oatmeal Porridge;
- 5 per cent. soaked with little Water for Minced Beef or Rissoles.

Making Biscuit Crumb Custard, Crumbling of Cutlets, Croquettes, Fish au Gratin dishes, Baked Tomatoes, &c.

Breadcrumbs may be similarly used but not recommended for short pastry. White Crumbs for Bread Sauce. Other bread can be used for making Stuffing for Stuffed Steak, Ox Heart, Beef Olives, Colonial Goose, Seasoning for Mutton, Pork or Veal, Ducks or Poultry. Therefore, should never be wasted.

(280) SAVING OF FATS AND CLARIFYING OF DRIPPING.

It is most essential that no effort be spared in the saving and using of all fats, not only from beef or mutton itself, but by boiling down of bones, skimming off of soups, corn beef water, stock pot, &c. By doing this, you will be helping your unit and, incidentally, yourself, by having a plentiful supply of dripping on hand for kitchen use, and all surplus can be sent to Salvage, who, in turn, sell, and proceeds are handed back to your unit for C.O. to spend on the improvement of messing. You will also be helping the war effort by saving fats which can be used in the manufacture of explosives, soap, &c.

Fats can be rendered down, and/or collected in various ways:—

- (i.) By placing all fats in boiler half filled with water to prevent burning. This water is kept boiling throughout the day, and scum is continually rising. This scum should be removed by skimming. Fires are allowed to die out during the night, dripping then sets in a cake on top, and sediment stays underneath. This dripping or fat can be removed quite easily in cake form before fires are relighted.
- (ii.) By breaking up "green bones" and treating as in (i.).
- (iii.) By placing fat in dishes in oven or stove or over open fire.
- (iv.) By skimming off contents of stock pot.
- (v.) By skimming off corn beef water, soups, &c.

Dripping—the product of fat—is graded into various grades, and, naturally, the higher the grade, the better the return. But on no account throw any of it away, it can be all sold, and, whilst it may be unfit for use in the kitchen, it will be collected by Salvage and disposed of to best advantage.

Care should be taken in the rendering of fat, especially for cooking purposes. It should be kept as clean as possible.

Choicest dripping is secured from marrow bones, such as shin, leg bones, bolar cannon or thigh bones.

Kidney fat or suet rendered down on its own is usually a rather hard dripping, but if a portion of selvidge or marrow fat is mixed during the rendering, you will get a first-grade dripping. This dripping is of a crumbly nature, easily mixed with flour, and excellent for pastry.

A small quantity of salt sprinkled into the water causes sediment to sink to the bottom, thus assisting in the clarifying. If corn beef is included in that being rendered down, salt should not be necessary.

When the fat is thoroughly rendered out, and after allowing to simmer slowly, strain off through a strainer or clean piece of hessian, allowing no water to remain in the dripping put away.

If dripping is slightly burnt on rendering, the taste may be removed by adding a cut-up lemon, with a little salt, to some clean water and reclarifying.

(281) COOKING—HINTS ON.

The effects of over cooking food cannot be exaggerated. Meat is rendered tough, dry, and unpalatable, and the fats are melted out.

Vegetables become sodden, and the various salts, which are most valuable, are lost.

Make dishes appetising and pleasing to the eye.

Baked or roast meat should be first placed in a hot oven. This quickly hardens the albumen and so prevents the escape of the juices.

Remember:

Check available rations and ingredients with recipe.

Check number of troops to be fed.

Calculate the time necessary for cooking the various dishes.

Collect all the necessary utensils and ingredients before starting to cook.

Attend to all stoves.

Do not use unnecessary number of utensils.

Don't prepare salads and cook vegetables too long before they are needed.

Use **Vegetable Waters for Soups and Stock.** See your utensils and preparation areas are spotlessly clean.

When boiling meat remove the scum as it rises, or it will spoil the look of the meat.

Do not boil a stew; it should only be allowed to simmer; a stew boiled is a stew spoiled.

Take away all fat before making a stew.

Do not boil cabbage with the lid of the utensil on; to do so spoils the colour of the cabbage.

Do not forget your seasoning. Salt brings out other flavours.

Cut bacon as thin as possible for frying.

(282) NOTES ON BREWING TEA.

The best method of preparing tea is to place the tea in a muslin bag, tied loosely or in an infuser, thus leaving room for the leaves to swell.

Put bags or infuser into tea cans or kettles, pour on boiling water, cover and allow to remain for ten minutes. Remove leaves and add sugar and milk.

It is important the **boiling** water only should be used for brewing, warm water can be added after the tea has drawn.

Tea should never be made in a vessel that has contained broth or soup.

(283) TO MAKE COFFEE FOR 100 MEN.

Ingredients: 1½ lbs. Coffee, 6 gallons Boiling Water, 2 gallons Boiling Milk, pinch of Salt.

Put two dixies (6 gallons) of Water on stove, bring to boil, divide the Coffee equally and put on top of Boiling Water, add a pinch of Salt to taste, to sharpen the flavour of the Coffee. Bring to the boil again and let simmer with the lid on for 40 minutes. Bring Milk to boil. Strain Coffee through fine strainer or muslin into three tea buckets, then add the Milk equally. Keep very hot until required, but do not boil after Milk is added.

Alternative Method: Same quantities as above. Put one dixie (3 gallons) of Water on the stove, bring to boil, add all the Coffee and a pinch of Salt to taste, bring to boil again and let simmer 40 minutes, and let stand over night with lid on. Bring to boil again, strain equally into three tea buckets, then add 2 gallons of Boiling Milk and 3 gallons of Boiling Water, divide equally into the three buckets. Keep very hot until required. Do not boil after Milk is added.

To obtain a stronger aroma of Coffee: Spread the dry Coffee on a clean tray and place in a moderate oven with the door open for a few minutes to warm the Coffee, then make the Coffee in the usual manner.

(284) WATER ICING.

Ingredients: Icing Sugar, cold Water, Flavouring and Colouring as desired.

Method: Mix Icing Sugar with Water to a batter so that it will spread and run. Add necessary Flavouring and Colouring.

(285) HOW TO COOK MUTTON JOINTS.

Forequarter	Used chiefly for roasting
Forequarter Chops	Stewing
Shank	Broth
Breast	Pies and Broth
Best end of Neck	Roasting
Scrag end of Neck	Stewing
Leg	Roasting and Boiling
Loin	Roasting
Rib End	Cutlets, grilling and frying
Short End	Chops, grilling and frying
Flap	Stewing
Sheep's Head	Soups
Trotters	Stewing for Invalids
Bones	Broth

(286) HOW TO COOK BEEF JOINTS.

Ox Cheek	Braised or Stewed Entrees
Neck	Soups or Stews
Chuck	Pot Roast
Back Ribs	Roast
Prime Ribs	Roast

(286) HOW TO COOK BEEF JOINTS—*continued*.

Wing Ribs	Roast
Middle Loin	Roast
First Cut Sirloin	Roast
Bolar	Boil
Brisket	Boil
Thin Flank	Stew
Thick Flank and Top Side ..	Stew and Braising
Silverside	Boil
Shin	Soups
Leg	Soups
Bones	Soups and Stock
Ox Tongue	Corned Boiled, Pressed
Rump	Grilling
Ox Heart	Stuffed and Roasted
Cow Heel	Thickening for soups and gravies

(287) TIME TABLE FOR COOKING MEATS.

Roasting.

Mutton	Allow 15 minutes for every 1 lb. meat, plus 15 minutes over.
Beef	Allow 15 minutes for every 1 lb. meat, plus 15 minutes over.
Veal	Allow 20 minutes for every 1 lb. meat, plus 20 minutes over.
Pork	Allow 20 minutes for every 1 lb. meat, plus 20 minutes over.

Boiling.

Mutton and Beef ..	Allow 20 minutes for every 1 lb. meat, plus 20 minutes over.
Veal and Pork ..	Allow 25 minutes for every 1 lb. meat, plus 25 minutes over.
Salt Meat	Allow 30 minutes for every 1 lb. meat, plus 30 minutes over.
Ham	Allow 25 minutes for every 1 lb. meat, plus 25 minutes over.

(288) TESTING FAT TEMPERATURE FOR FRYING BY BREAD TEST.

Method: Cut up half a dozen cubes of stale bread and when fat has ceased to bubble (i.e., the water has all evaporated) and is still and quiet and starting to give off a blue smoke drop the cubes of bread into fat. The temperature of the boiling fat is determined by the period of time it takes to turn the bread to a golden brown.

Time to Brown.	Temperature.
Over 1 minute	350° F. or under
1 minute	360° F.
40 seconds	370° F.

At 370° F. the temperature is correct for perfect frying.

Keep temperature under 380° F.

REMEMBER! SAVE YOUR VEGETABLE WATERS FOR SOUP AND STOCK.

An Army issue tin pannikin, level full, holds approximately the following weights:—

(289) Commodity.	Ounces.
Barley	18
Butter	19
Coffee	9
Fat	19
Flour	12
Lentils	18
Oats flaked	6½
Liquid Measures	20
Raisins	14
Rice	18
Salt	20
Split Peas	18
Sugar	18
Sultanas	14
Tea	9

(290) WEIGHTS AND MEASURES.

1 cup Flour, heaped	8 ozs.
1 cup Sugar, level	8 ozs.
1 cup Butter	8 ozs.
1 cup Liquid	2 gills
2 gills	8 ozs.
1 teaspoon Baking Powder	½ oz.
1 dessertspoon Baking Powder	1 oz.
1 tablespoon Baking Powder	2 ozs.
1 pint Water	20 ozs.

(291)—

1 Soyer Boiler (12 galls.) will feed (Stew)	200 men
1 Soyer Boiler (12 galls.) will feed (Porridge)	300 men
4 x 3 gall. Buckets will feed (Tea)	120 men
4 x 3 gall. Buckets will feed (Coffee)	120 men
1 Kettle Camp Oval will feed (Mashed Pumpkin)	100 men
1 Kettle Camp Oval will feed (Potatoes)	100 men
25 lb. Potatoes, baked or boiled, will feed	100 men

NOTE.—In all cases where milk is included as an ingredient Dried Milk may be used with equally good results. Use 1 lb. to 1 gallon Water.

(292) OATMEAL MINCE.

15 lbs. Minced Meat	Sufficient Stock to moisten
2 lbs. Oatmeal	2 lbs. Chopped Onion.

Method:

1. Cook as for plain Mince.

(293) OATMEAL CHEESE CAKES.

10 lbs. Oatmeal	3 ozs. Dry Mustard
12 lbs. Cheese	2 ozs. Salt.

Method:

1. Pass Cheese through the mincer, using fine plate.
2. Work on a clean board until quite creamy.
3. Mix all dry ingredients together and thoroughly work into the Cheese, a little at a time, until all are mixed to a stiff dough.
4. Roll out to $\frac{1}{4}$ inch in thickness, cut into required shapes, and bake in a moderate oven until a golden brown.

(294) OATMEAL AND POTATO CAKES.

20 lbs. Dry Mashed Potatoes	2 lbs. Flour
4 lbs. Oatmeal (cooked stiffly)	Salt.

Method:

1. Mix all ingredients thoroughly.
2. Shape into small flat cakes and shallow fry until a light golden brown.

(295) BAKED CHEESE AND POTATO PASTIES.

8 lbs. Short Paste	6 lbs. Cheese
16 lbs. Potatoes	1 lb. Chopped Onions or Leeks.

Method:

1. Boil the Potatoes and when cold cut into dice.
2. Dice the Cheese.
3. Lightly stew the Onions and mix with the Potatoes, Cheese, and Seasoning.
4. Roll out paste and cut into rounds.
5. Place a small quantity of the mixture into the centre of each round.
6. Egg wash the edges, fold over, crimp the sides and bake for approximately 20 minutes.

(296) MIXED VEGETABLE CROQUETTES.

20 lbs. Minced and Cooked Root Vegetables	4 lbs. Bread for crumbing
3 qts. Thick White Sauce	2 pts. Batter
2 lbs. Fresh Breadcrumbs	Salt.

Method:

1. Boil the Sauce, add the Vegetables, and reboil.
2. Add the Crumbs, Seasoning, and thoroughly mix.
3. Place on greased trays and allow to get cold.
4. Mould into 100 Croquettes.
5. Pass through Batter and Crumbs then remould.
6. Fry in deep Fat.
7. Drain, season, and serve.

(297) BAKED STUFFED POTATOES.

32 lbs. Potatoes	$\frac{1}{2}$ lb. Grated Cheese
$\frac{1}{2}$ lb. Margarine	$\frac{1}{2}$ lb. Breadcrumbs
2 pts. Milk	2 ozs. Chopped Parsley.

Method:

1. Wash, then bake the Potatoes in their jackets.
2. Cut lengthways and remove centres.
3. Mash, add Hot Milk, Margarine, Seasoning, Parsley.
4. Replace into Potato cases.
5. Sprinkle with Cheese and Crumbs.
6. Brush with Melted Margarine and brown in hot oven.

(298) MIXED VEGETABLE FLAN.

6 lbs. Short Paste	2 lbs. Chopped Sweated Onions
14 lbs. Mixed Chopped Vegetables	5 pts. Thick White Sauce
3 lbs. Cooked Potatoes	1 lb. Grated Cheese.

Method:

1. Line tray with Short Paste.
2. Boil Sauce and mix Vegetables with half the amount of Sauce.
3. Reboil Vegetables, cook for 5 minutes. Allow to cool.
4. Distribute into trays, and bake for 30 minutes.
5. Mask remainder of Sauce over Vegetables, sprinkle with Chopped or Grated Cheese.
6. Replace in hot oven to brown and finish cooking.

(299) POTATO AND CARROT FLAN.

10 lbs. Short Paste	4 ozs. Chopped Parsley
12 $\frac{1}{2}$ lbs. Cooked Potatoes	1 pt. Brown Sauce
10 lbs. Cooked Carrots	1 qt. Stock
2 lbs. Chopped Onions	Salt.

Method:

1. Line trays with Short Paste.
2. Slice Carrot and Potato thinly and mix together with the Milk, Sweated Onion, Parsley, and Seasoning.
3. Moisten with Sauce and Stock.
4. Arrange the mixture in the trays and bake for 30 minutes in moderate oven.

(300) SAVOURY RICE AND GRATED CHEESE ON TOAST.

100 Slices of Toasted Bread	1 lb. Onions
8 lb. Rice	3 lbs. Grated Cheese
$\frac{1}{2}$ lb. Margarine	Salt and Pepper.
12 pts. White Stock	

Method:

1. Chop Onions and sweat in Margarine; then add Rice and heat without taking colour.
2. Add Stock, Season, and bring to the boil.
3. Cover with lid, place into oven, and cook for 15 to 20 minutes.
4. Fold in Grated Cheese, correct Seasoning.
5. Spread the mixture evenly on the toast.
6. Sprinkle with Grated Cheese and brown in hot oven.

(301) CHEESE STRAWS.

6 lbs. Puff Paste Pinch of Cayenne Pepper.
1 lb. Cheese

Method:

1. Roll out Paste thinly, on finely Grated Cheese.
2. Sprinkle with Grated Cheese and Cayenne Pepper.
3. Fold over and re-roll.
4. Cut into 4-inch strips $\frac{1}{4}$ -inch wide.
5. Slightly twist and place on greased trays.
6. Bake in moderate oven for 10 minutes to 15 minutes.

(302) ECCLES CAKES.

8 lbs. Puff Paste 2 lbs. Cake Crumbs
2 lbs. Currants $1\frac{1}{2}$ lbs. Sugar
2 lbs. Sultanas 1 oz. Mixed Spice.

Method:

1. Mix all Fruits, Sugar, Crumbs, and Spice together.
2. Roll out Paste to a thickness of $\frac{1}{8}$ inch.
3. Cut into 4-inch rounds.
4. Place approximately 2-ozs. mixture in the centre.
5. Wash sides and bring them to the centre.
6. Turn over and flatten slightly.
7. Sprinkle with Sugar and bake in moderate oven 15 to 20 minutes.

(303) LEMON CURD TART.

8 lbs. Flan Paste 12 Lemons or Lemon Essence.
 $3\frac{3}{4}$ lbs. Sugar $\frac{3}{4}$ lb. Cornflour
3 pts. Water 9 ozs. Dried Eggs.
14 ozs. Margarine

Method:

1. Line trays with Paste, prick the bottom and bake in moderate oven.
2. Grate Lemons and remove the juice, add Water (2 pints), Margarine, and bring to the boil.
3. Reconstitute Eggs and pour on Lemon, Water, etc.
4. Return to stove and cook without boiling.
5. Dilute Water and Cornflour, and cook separately.
6. Add Cornflour (cooked) to Lemon, Eggs, etc.
7. Distribute evenly into the trays and allow to set.

(304) MANCHESTER TART.

8 lbs. Short Paste 1 lb. Dried Egg
1 lb. Jam 2 lbs. Sugar
2 gallons Milk

Method:

1. Line trays with Short Paste.
2. Spread a little Jam evenly on the bottom.
3. Pour in prepared Custard.
4. Bake in slow oven for approximately 30 minutes.

D

(305) DUTCH APPLE FLAN.

10 lbs. Short Paste	2 lbs. Sugar
6 lbs. Apple Rings or	$\frac{1}{2}$ oz. Mixed Spice
25 lbs. Apples	$\frac{3}{4}$ lb. Margarine.
2 lbs. Sultanias	

Method:

1. Line trays with Short Paste.
2. Chop the Soaked Apple Rings or Fresh Apples.
3. Melt Margarine, add Apples and Sugar and Spice and cook.
4. Distribute evenly into the prepared trays.
5. Cover with Short Paste.
6. Egg wash, bake in moderate oven for 45 minutes approximately.
7. Dust with Sugar.

(306) FISH PASTIES.

8 lbs. Short Paste	1 qt. White Sauce.
12 $\frac{1}{2}$ lbs. Fish (prepared), cooked.	

Method:

1. Roll out Paste and cut into 6-inch rounds.
2. Flake and cook the Fish and mix with White Sauce.
3. Place approximately 2 ozs. Fish in centre of Paste.
4. Egg-wash sides, fold over and crimp edges.
5. Egg-wash and bake in moderate oven for 25 minutes.

(307) LEMON BARLEY WATER.

9 galls. Water	12 Fresh Lemons (or 2 Bottles
2 $\frac{1}{2}$ lbs. Barley	Lemon Cordial)
	2 $\frac{1}{2}$ lbs. Sugar.

Method:

1. Well wash the Barley and soak for 1 hour.
2. Bring the Water to the boil, rain in the Barley and reboil.
3. Simmer for 20 minutes.
4. Strain, and add the Sugar and Flavouring.
5. Reboil.

NOTE.—These ingredients are sufficient to make $\frac{3}{4}$ pint per man.